



Because the cabin door is heavy, you can easily twist your back if you do not use a wide stance. The path the door follows when you open and close it, means that you must have a <u>wide reach in order to move with it</u>. To get a wide reach keep your <u>feet wide apart</u> with your <u>knees slightly bent</u>. That way your legs take up the motion instead of your back!

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