The KC-10 utilizes the 24 step wide body staircase truck to board and disembark. If the slides are used in an emergency, passengers must be able to stop their decent before reaching the ground. It is a safety necessity to perform these tasks without assistance.
Dear Traveler,

All passengers need to be aware of the challenges facing them when traveling on military aircraft. Passengers must be physically able to climb ladders, move within the body of the aircraft, and be able to egress the aircraft in an emergency. Passengers should not attempt to fly on military aircraft if they cannot meet these physical challenges.

C-5 Galaxy

The C-5 passenger compartment is accessible using either the 36 step C-5 staircase truck or when the C-5 staircase truck is not available, the 15 step wide body staircase truck and the 14 step interior ladder. If the slides are used in an emergency, without assistance passengers must be able to stop their decent before reaching the ground. This is sliding down from a height of 24 feet to a hard surface. It is a safety necessity to perform these tasks without assistance.