

ABSTRAK

Refill drinking water depots, as micro, small, and medium enterprises (UMKM), involve physically demanding activities such as manually lifting, lowering, and moving water gallons, leading to non-ergonomic body postures and a high risk of musculoskeletal disorders (MSDs). This study aims to analyze workers' body postures, identify MSD complaints, and develop recommendations for assistive tools to reduce the risk of injury. The Rapid Entire Body Assessment (REBA) method was used to evaluate body postures, with results showing a REBA score of 11, indicating a high risk of MSDs such as back, neck, and wrist pain. The proposed solution is the use of a hydraulic trolley with adjustable height and wheels to facilitate the movement of gallons. This tool is designed to reduce physical strain, improve body posture, and lower the risk of injury. The findings demonstrate that the use of a hydraulic trolley can enhance occupational health and safety while reducing the risk of MSDs among workers in refill water depots. The contribution of this study lies in providing an effective ergonomic solution to improve efficiency and work quality in MSME environments.

Keywords: *Gallons, Hydraulics, MSDs, REBA.*