Let:

$$P = 90kg$$

$$h = 30m$$

$$t1 = 20℃$$

$$C(water) = 1{,}82\frac{KJ}{KG℃}$$

$$V(water) = 5m^3$$

$$M(water) = \rho Vg = 1000 \times 5 \times 9.8 = 49000N$$

$$t2 = ?$$

The work done by person will be as: $A = mgh = Ph$

$$A = MC(\Delta t)$$

$$\Delta t = \frac{A}{MC} = \frac{Ph}{MC}$$

$$t2 = t1 + \Delta t$$

$$\boldsymbol{t2 = t1 + \frac{PH}{MC}}$$

$$\boldsymbol{t2 = 20 + \frac{90 \times 30}{49000 \times 1.82} = 20.06℃}$$

$$\boldsymbol{Answer: t2 = 20.06℃}$$