

Medical Certificate – Fitness to Work

Declaration by examining Health Care Professional

I _____ who resides and works
in _____ have examined and / or assessed the report of the
following employee prior to employment in BP Oman:



Client Name: JOVITO JR CARILLO ARENDON

Company: TRUCK OMAN EQUIPMENTAL & RENTAL

This certificate of fitness is valid for a period of **two years** from the date below.

The Client is:

☒ A - Fit for employment.



☐ B - Unfit for employment.

Health Care Professional: _____

Signature: _____



Date: _____

26/2/23

Company stamp: _____



Part one: Declaration

Completing this assessment will assist in determining if reasonable accommodation is necessary for you to perform the proposed job.

BP Privacy Notice

BP International Limited (BP), registered at Cherisey Road, Sunbury on Thames, Middlesex, TW16 7BP company number [], will use the information which is contained on this form and additional information collected during your medical assessments ("your information") for the purpose of assessing your fitness to work and/or to assess your suitability to go on an international assignment (if relevant).

Your information will be processed by BP health team staff in the appropriate BP offices and other medical service providers who supply services to BP, who are under a duty of confidentiality. All records are kept in line with BP's Records Retention Schedule.

Since BP operates globally, BP may need to transfer your information to other countries, including countries outside the European Economic Area (EEA). However, we always seek to ensure that your information receives the same level of protection as it would within the EEA. Should you have any questions about the use of Your Information, please contact your BP Health Team.

I certify that the information I have provided on this Form is to the best of my knowledge correct and complete. I confirm that I have read and agree to the use of my information as outlined in the BP Privacy Notice above.

I confirm that I understand an opinion will be made on my fitness to work and/or suitability to go on an international assignment (if relevant). I will contact BP health team for advice if there is any change to my health which may affect my fitness to work and/or suitability to go on an international assignment (if relevant).

Signature



Date

15-12-20
(dd/mm/yyyy)

Name (please print)

JOVITO ARAGON



Part Two: Basic Details

Personal Details

Surname	ARENDO	Maiden Name	CARILLO
First Name(s)	JOVITO	Date of Birth	18/02/1968
Gender	Male	Current location	
Home Address			
Postcode / zip		Preferred Contact number	
Email		Mobile number / Cell phone	79154328
BP staff	☒ Yes	(If not please state your Employer)	
Employee ID	AMO		
Proposed Work Country		Proposed Work Site	
Segment / Division / Function			
Business unit			
New Job Title		New Line Manager	

Reason for Health Assessment

Pre-employment	☐ No
Pre-placement / transfer	☐ No
Post absence	☐ No
For cause	☐ No
Periodic	☐ Yes

List of Tasks / Roles

Aircraft Refueller	☐ No
Confined Space Worker	☐ No
Crane Operator	☐ No
Professional Driver	☐ No
Expatriation / Rotation Work	☐ No
Fire and Emergency Crew	☐ No
Offshore Worker	☐ No
Remote Worker	☐ No
SCBA /Respirator User	☐ No
Work at Height / Depth / Embarkation	☐ No
Work in Extreme Cold	☐ No
Work in Extreme Heat	☐ No



Part Three: General Health

To be completed during appointment with Health Practitioner.

Name: JOVITO ARENDON

Date of Birth: 16/02/1966

Please Provide Details

Do you have any concern about your health that you would like to discuss confidentially with an occupational health professional?

No

Please answer these questions

Please Provide Details

Are you able to perform all the tasks required for this job?	Yes
Do you require any adjustments to enable you to perform all the tasks as above?	No
Are you currently having or awaiting investigations or treatment for physical or psychological health conditions?	No
Are you taking any medication(s)?	Yes
Do you have any allergies /	No

for hypertension

Please complete this section if you have ticked any of the tasks / roles.

Do you suffer from or have you had any of the following?

Please Provide Details

Recent surgery (within 6-8 weeks)	No
Heart disease or angina?	No
Diabetes? If yes, please specify type.	No
Chest problems, breathing difficulties, wheezing, recurrent bronchitis or pneumothorax in the last year?	No
Asthma?	No
Sinusitis / Persistent ear problems?	No
Transient ischaemic attacks (TIA) or stroke (CVA) or brain haemorrhage?	No
Epilepsy?	No
Balance problems or vertigo?	No



Part Three: General Health

To be completed during appointment with Health Practitioner.

Name **JOVITO ARENDON**

Date of Birth **16/02/1956**

Please answer these questions for ALL tasks / roles.

Do you suffer from or have you had any of the following?

Please provide details

Any infectious disease, malaria, tuberculosis, travellers' diarrhoea or other specific infectious illness?

No

Are you pregnant at the moment? If so, please specify when the baby is due.

No

A sleep disorder, sleep apnoea or narcolepsy?

No

Cancer, immunosuppression, or any other significant health condition not mentioned previously?

No

Please answer these additional questions for the following tasks / roles ONLY: Expatriation / Rotation work, Offshore Worker, Remote Worker, Work in Extreme Cold, Work in Extreme Heat.

Do you suffer from or have you had any of the following?

Please provide details

Removal of your spleen?

No

Thrombosis (eg blood clot, deep vein thrombosis, pulmonary embolism)?

No

Kidney or bladder stones?

No



Part Four: Clinical Examination

To be completed by examining Health Practitioner.

Name **JOVITO ARENDON**Date of Birth: **15/02/1966**

Please indicate units of measure as applicable				Please provide details				
Baseline Assessment	Height		163	cm	ft	ins		
	Weight		68	kg	st	lbs		
	Body Mass Index (BMI)	wt(kg)/ht(m) ²	23.11					
	Radial pulse	per minute	49					
	Blood Pressure	Systolic						
		Diastolic						
		Final Reading Only						
		* blood pressure to be taken after 5 minutes rest.	140		80			
Urine Test	Normal	Yes						
Comments								
	Right		Comments	Left		Comments		
Visual Assessment	Light reflexes	Normal	Yes		Normal	Yes		
	Accommodation	Normal	Yes		Normal	Yes		
	Nystagmus	Normal	Yes		Normal	Yes		
	Eye movements	Normal	Yes		Normal	Yes		
	Peripheral Vision	Normal	Yes		Normal	Yes		
	Funduscopy	Normal	Yes		Normal	Yes		
	Visual Acuity	Right Corrected	Right Uncorrected	Left Corrected	Left Uncorrected	Both Corrected	Both Uncorrected	
	Distance Vision 7/6 7/20	6/6		6/6		6/6		
	Intermediate Vision						normal	
	Near Vision						normal	
	Colour Vision - Ishihara	Normal	Colour recognition if abnormal					
	Select appropriate	Yes						



Name **JOVITO ARENDON**Date of Birth **15/02/1988**

		Right	Comments	Left	Comments
Hearing Assessment	Auditory meatus	Normal ☒ Yes		Normal ☒ Yes	
	Tympanic membrane	Normal ☒ Yes		Normal ☒ Yes	
	Hearing (whispered voice)	Normal ☒ Yes		Normal ☒ Yes	
	Rinne (if indicated)	Normal		Normal ☒ Yes	
	Weber (if indicated)	Normal		Normal ☒ Yes	
		Not applicable			
		Normal	Comments		
General	Head and Neck	☒ Yes	NORMAL		
	Teeth / gums / oral hygiene	☒ Yes			
	Tongue / Fauces	☒ Yes			
	Thyroid	☒ Yes			
	Lymph glands	☒ Yes			
	Axillae	☒ Yes			
		Normal			
Cardio-Vascular	Heart murmurs	☒ Yes	NORMAL		
	Heart sounds	☒ Yes			
	Peripheral pulses	☒ Yes			
	Peripheral veins	☒ Yes			
		Normal	Comments		
Respiratory	Nasal Airways	☒ Yes	NORMAL		
	Trachea	☒ Yes			
	Chest shape / movement	☒ Yes			
	Percussion	☒ Yes			
	Breath sounds	☒ Yes			



Part Four: Clinical Examination

To be completed by examining Health Practitioner.

Name JOVITO ARENDON

Date of Birth 16/02/1968

	Normal	Comments
Gastro-intestinal / Abdomen	Abdomen Yes	NORMAL
	Liver Yes	
	Spleen Yes	
	Kidneys Yes	
	Peristaltic orifices Yes	

Gastrointestinal System: Abdomen:	Comments
	

	Normal	Comments
Musculoskeletal	Hands / feet Yes	NORMAL
	Limbs Yes	
	Back and neck Joints Yes	
	Injuries. Any residual disability Yes	



Part Four: Clinical Examination

To be completed by examining Health Practitioner.

Name JOVITO ARENDON Date of Birth 19/02/1965

		Normal:				Comments			
Nervous	Balance	<u>Yes</u>				NORMAL			
	Power	<u>Yes</u>							
	Tone	<u>Yes</u>							
	Co-ordination	<u>Yes</u>							
		RIC	YRI	SUP	KNE	ANK/PIA	Comments		
Reflexes	Right	Yes	Yes	Yes	Yes	Yes	Yes		
Present	Left	Yes	Yes	Yes	Yes	Yes	Yes		

		Normal		Comments	
Other	Skin	<u>Yes</u>		NORMAL	
	Mental state	<u>Yes</u>			
	Audiometry assessment	<u>Yes</u>			
	Spirometry assessment	<u>Not Examined</u>			

Observation		Investigation Results		
Skin				

Significant (summarised) information relevant to the task:

he is hypertension on medication for last one year.



Part Five: Immunisation History

To be completed by examining Health Practitioner.

Name JOVITO ARENDON

Date of Birth 16/02/1968

Please update and give immunisations as appropriate.

Vaccine	Primary Course Completed	Date of Last dose or Date given (dd/mm/yyyy)
BCG / TB Status		NO CLEAR HISTORY
Diphtheria		NO CLEAR HISTORY
Hepatitis A		NO CLEAR HISTORY
Hepatitis B		NO CLEAR HISTORY
Influenza		NO CLEAR HISTORY
Japanese Encephalitis		NO CLEAR HISTORY
Meningitis ACWY		NO CLEAR HISTORY
Polio		NO CLEAR HISTORY
Rabies		NO CLEAR HISTORY
Tetanus		NO CLEAR HISTORY
Tickborne Encephalitis		NO CLEAR HISTORY
Typhoid		NO CLEAR HISTORY
Yellow Fever		NO CLEAR HISTORY
Measles/Mumps/Rubella		NO CLEAR HISTORY
Varicella		NO CLEAR HISTORY

Children: please specify last dose of childhood immunisations and when next dose due:

Additional Comments

NO CLEAR HISTORY.



CHECKLIST TO BE COMPLETED BY HEALTH CARE PROVIDERS FOR BUSINESS TRAVELLER, EXPATRIATE OR
NEGOTIATOR.

Name	JOVITO ARENDON	Date of Birth	16/02/1968
Travel Health Advice Checklist		Completed	
Travel Immunisation Information	☐ No		
Food & water precautions	☐ No		
Importance of reporting illness	☐ No		
Pregnancy	☐ No		
Prevention of travel related Deep Vein Thrombosis	☐ No		
Sexual health advice	☐ No		
Malaria prophylaxis tablets discussed and provided for destination	☐ No		
Bite avoidance measures	☐ No		
Travel Kit	☐ No		
Needles & syringes kit	☐ No		

Additional Comments

Part Seven: Investigations

APPLIES ONLY IF CLINICALLY INDICATED FOLLOWING HEALTH ASSESSMENT OR FOR EXPATRIATES OR ROTATORS AS PART OF THE HEALTH ASSESSMENT FOR HIGHER RISK COUNTRIES OR FOR VISA OR WORK PERMIT PURPOSES

Name JOVITO ARENDON Date of Birth 16/02/1966

Test	Results	Date	Health Professional
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BLOOD TESTS

Full blood count and film	<u>Normal</u>	<u>25/2/23</u>	
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Fasting blood sugar	<u>4</u>	<u>7</u>	
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Liver Function	<u>4</u>	<u>4</u>	
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Blood grouping	<u>O Rh Positive</u>	<u>7</u>	
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QuantiFERON			
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Other blood tests	☐		
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Chest X-Ray	☐		
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Other tests based on location specific risks eg hep B serology

	☐		
--	--------------------------	--	--

(Please specify)

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Additional Comments

All blood investigations are normal.



Part Eight: Fitness for Task Health Assessment Outcome

Name **JOVITO ARENDON**

Date of Birth **16/02/1988**

Medical Suitability for Work

attended a fitness for task health assessment on

for the following

Aircraft Refueller

No

Confined Space Worker

No

Crane Operator

No

Driver

No

Expatriation / Rotation Work

No

Fire and Emergency Crew

No

Offshore Worker

No

Remote Worker

No

SCBA / Respirator User

No

Work at Height / Depth / Embarkation

No

Work in Extreme Cold

No

Work in Extreme Heat

No

For expatriation this person was considered to be:

For the assigned role / tasks this person was considered to be:

Medically suitable?

Yes

Medically suitable?

Yes

Please detail restrictions below:

Please detail restrictions below:

Medically unsuitable

Medically unsuitable

Name

Designation

Date (dd/mm/yyyy)

Name and Address of Clinic

Telephone Number

DR

GENERAL PRACTITIONER

NMC SPECIALTY HOSPITAL

2426-9222/2426-9200

FIT



28/2/23

DEPARTMENT OF LABORATORY MEDICINE

File No: 35083098
Name: JOVITO JR CARILLO ARENDON
Address:
Gender: M Age: 57 Y Nationality: PHILLIPINE
GSM No.: 79154328 ID Card No.: P9357577B
Ref. By: DR NADIA FAHAD

Report No: 0078313
Sample Date: 25/02/2023 Time: 10:02
Received By:
Received Date: Time:
Report Date: 25/02/2023 Time: 13:07
Bill No: 0216251 Bill Date: 25/02/2023
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
BP FIT TO WORK - PACKAGE		
COMPLETE BLOOD COUNT		
TOTAL WBC COUNT	4.8 x 10 ³ / μ L	4.00-11.00 x 10 ³ / μ L
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	56.7 %	40-75%
LYMPHOCYTE (%)	30.3 %	20-45%
MONOCYTE (%)	6.3 %	2-8%
EOSINOPHIL (%)	6.3 %	1-6%
BASOPHIL (%)	0.4 %	0-1%
HAEMOGLOBIN	13.7 gm/dl	Male : 13-18 gm/dl Female:11-15 gm /dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
RBC COUNT	4.49 million/cu	Male :4.5-6.5 million/cu Female:3.9-5.5 million/cu
PLATELET COUNT	163 x 10 ³ / μ L	150 - 400 x 10 ³ / μ L
HEMATOCRIT	40.4 %	Male :42 - 52% Female:37- 47%
MCV	90.0 fl	76 - 96 fl
MCH	30.5 pg	27 - 33 pg
MCHC	33.9 gm/dl	32 - 36 gm/dl
FASTING BLOOD SUGAR	5.87 mmol/L	4.11 - 6.05 mmol/L
LIVER FUNCTION TEST		
TOTAL BILIRUBIN	13.55 μ mol/L	Adults:- up to 21 μ mol/L, Children >1 month - up to 17 μ mol/L, Neonates :- 1.7 - 180 μ mol/L
DIRECT BILIRUBIN	4.63 μ mol/L	Adults :- 0 - 5.0 μ mol/L, Neonates:- 0-10 μ mol/L,

Verified By:

Approved By:



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10756
Lab Technologist
Electronically signed at: 2/25/2023 1:08:00

DR ROSE MARY
Specialist Pathologist
MOH License No: 18178
Electronically signed at: 26/02/2023 9:32:00 AM

Printed at: 26/02/2023 4:13:23 PM

DEPARTMENT OF LABORATORY MEDICINE

File No: 35083098	Report No: 0078313
Name: JOVITO JR CARILLO ARENDON	Sample Date: 25/02/2023 Time: 10:02
Address:	Received By:
Gender: M Age: 57 Y Nationality: PHILIPPINE	Received Date: Time:
GSM No.: 79154328 ID Card No.: P9357577B	Report Date: 25/02/2023 Time: 13:07
Ref By: DR NADIA FAHAD	Bill No: 0216261 Bill Date: 26/02/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
TOTAL PROTEIN	75.31 g/L	Adults : 66 - 87 g/L
ALBUMIN	49.21 g/L	39.7 - 49.4 g/L
Globulin	26.1 g/L	23-35g/L
SGOT (AST)	186.04 U/L	MALE : up to 40 U/L, FEMALE : up to 32 U/L
SGPT (ALT)	104.13 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L
ALP04 (ALP)	68.64 U/L	Adults: MALES: 40 - 129 U/L, FEMALES: 35 - 104 U/L
Gamma GT (GGT)	17.02 U/L	MALE- 8 - 61 U/L, FEMALE- 5 - 36 U/L
ALCOHOL CHECK		
ETHANOL	NOT DETECTED g/L	< 0.1 g/L
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE
URINE BIL RUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.5	4.6-8.0
SPECIFIC GRAVITY	1.010	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	PALE YELLOW	
APPEARANCE	CLEAR	

Verified By:

Approved By:

10756

DR ROSE MARY

Lab Technologist

Specialist Pathologist

MCH License No. 18176

Electronically signed at: 25/02/2023 10:08:00

Electronically signed at: 26/02/2023 9:09:00 AM

Printed at: 25/02/2023 4:15:23 PM

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DEPARTMENT OF LABORATORY MEDICINE

File No: 35083098	Report No: 00/8313
Name: JOVITO JR CARILLO ARENDON	Sample Date: 25/02/2023 Time: 10:02
Address:	Received By:
Gender: M Age: 57 Y Nationality: PHILLIPINE	Received Date: Time:
GSM No.: 79154328 ID Card No.: P0367577B	Report Date: 25/02/2023 Time: 13:07
Ref. By: DR NADIA FAHAD	Bill No: 0216251 Bill Date: 25/02/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE MICROSCOPY		
RBC	0-2 /hpf	0-3
PUSCELLS	0-1 /hpf	0-5
EPITHELIAL CELLS	1-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	NIL
MUCOUS THREAD	NIL	NIL
DRUG SCREENING TEST 5 PANEL		
AMPHETAMINE	NEGATIVE	NEGATIVE
BARBITURATES	NEGATIVE	NEGATIVE
COCAINE	NEGATIVE	NEGATIVE
MARIJUANA	NEGATIVE	NEGATIVE
MORPHINE	NEGATIVE	NEGATIVE
BLOOD GROUP & RH TYPING	" O " Rh POSITIVE	

Verified By:

Approved By:




10756

DR ROSE MARY

Lab Technologist

Specialist Pathologist

MOH License No: 18178

Electronically signed at: 2/25/2023 1:06:00

Electronically signed at: 26/02/2023 9:32:00 AM

Printed at: 26/02/2023 4:13:23 PM

Page: 3 of 3



مستشفى النعمانية التخصصي
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F: +968 (2426) 3298
Website: <http://nmc.om>



Pulmonary Function Report

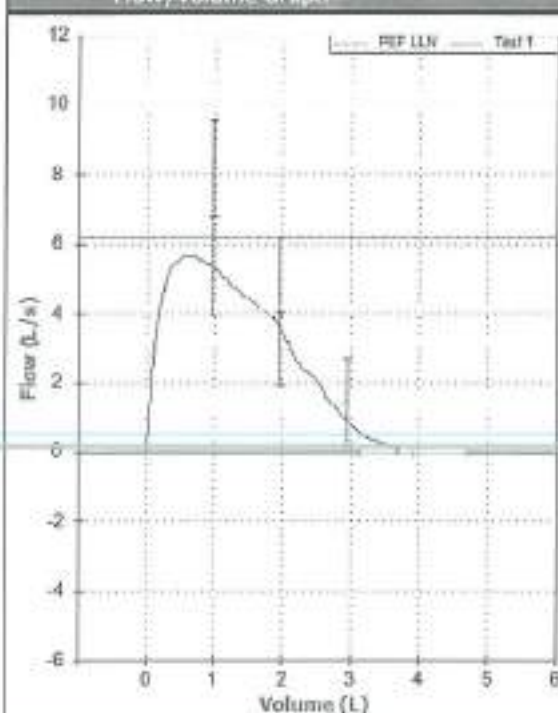
Subject Information

ID:	2023056_111401012	Alternate ID:	35083098		
Last Name:	Arendon	First Name:	Jovito Jr	Middle Name:	Cerilo
Population:	Other	Gender:	Male	Date of Birth:	16/02/1966
Age:	57	Height:	163 cm	Weight:	88.0 kg
BMI:	24.8	Smoking:	Non Smoker		

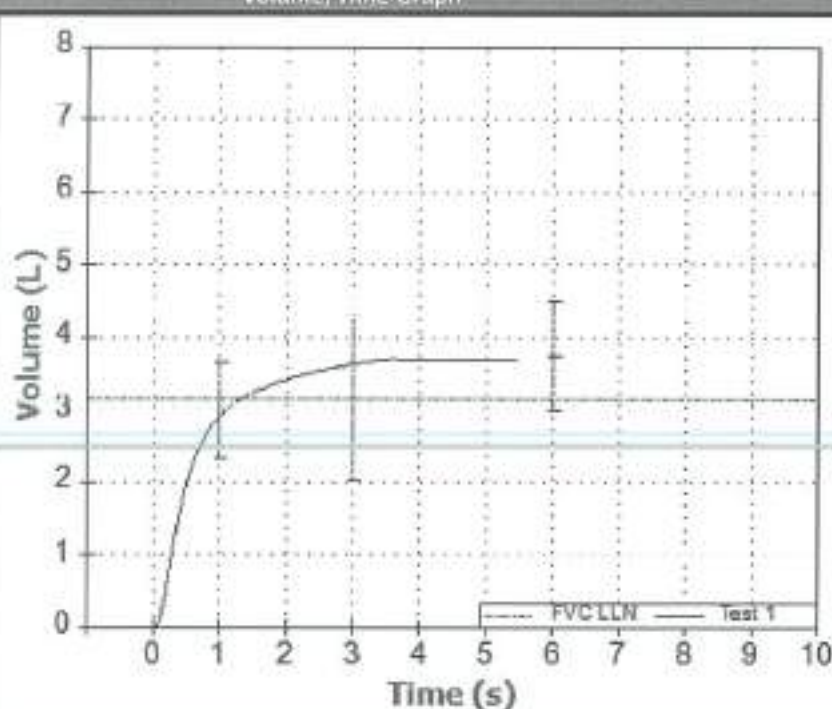
Test Session Information

Test Date:	25/02/2023 11:31	Device:	ALPHA Touch	Serial Number:	32168
No. of Tests:	3	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred Values:	NHANES C	Pred Factor:	100%	Posture:	Sitting

Flow / Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	3.92	3.14	3.70	94	-0.46
FEV1 (L)	3.00	2.34	3.00	100	0.00
FEV1 Ratio	0.76	0.67	0.81	107	0.91
FEV6 (L)	3.74	2.98	3.70	99	-0.09
PEF (L/min)	490	374	341*	70	-2.11
FEF25-75 (L/s)	2.60	1.26	3.00	115	0.49

Values at BTPS. *Below lower limit of normality (LLN).

Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.37 L (10.0%)	0.28 L (9.3%)	0 blow(s)	1 blow(s)	0 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

Reference Pictogram

Variable	Standardized Mean Difference (approx.)
FVC	0.8
FEV1	0.5
FEV1 Ratio	1.2



AUDIOMETRY REPORT

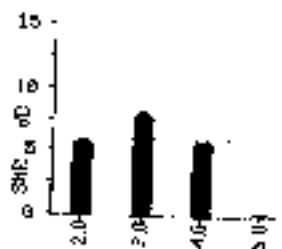
Name of the Patient JOVITO JR CARILLO ARENDO

Age 33 y Sex M MRN 35083098 Date of Test 25/2/2023

U107.05
25-FEB-23 14:33
DP 45 4 sec avg
SN: G11005649 G12010484

NAME:

Left: Pass

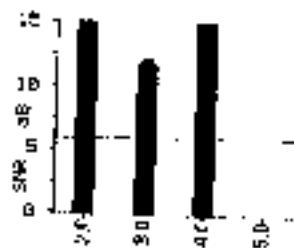


F2	L1	L2	DP	NF	SNR	P
2.0	65	56	-5	-11	h	p
3.0	65	57	-11	-28	0	p
4.0	64	53	11	-17	6	p
5.0	62	53	-20	-20	0	p

U107.05
25-FEB-23 11:43
DP 45 4 sec avg
SN: G11005649 G12010484

NAME:

Right: Pass



F2	L1	L2	DP	NF	SNR	P
2.0	66	56	-5	-16	26	p
3.0	62	49	-16	-12	12	p
4.0	59	56	-20	-20	20	p
5.0	70	63	-15	-15	20	p

NMCOMAN/DOC/MSG/75



Signature of the Technician

