



MEDICAL FITNESS CERTIFICATE FOR PDO

NAME	BARJINDER SINGH		
AGE/D.O.B	49Y, 02.05.1974	DATE	11.05.2023
PASS/ID NO	113199901	GENDER	MALE
VISION-RT-EYE	6/6 WITHOUT GLASSES	HEIGHT	175 CM
LT-EYE	6/6 WITHOUT GLASSES	WEIGHT	99 KG
HEART	NORMAL	BP	126/78mmHg
LUNGS	NORMAL	PULSE	72/Min
ABDOMEN	NORMAL	CNS	NORMAL
SKIN	NORMAL	ENT	NORMAL

INVESTIGATIONS

BLOOD GROUP	A POSITIVE
RBS	NORMAL
HAEMOGRAM	NORMAL
LIPIDPROFILE	DLP
RFT	NORMAL
LFT	NORMAL
SICKLING TEST	NEGATIVE
URE	NORMAL
ECG	NORMAL
AUDIOGRAM	Normal Hearing Threshold with MSHL at HF in right ear Normal Hearing Threshold with SSSL at HF in left ear
FRAMINGHAM SCORE	Probability of developing cardiovascular disease in next 10 years is 6.3 %

COMMENTS:-

To use adequate ear protection in high noise environment
DLP - Started on medication

CONCLUSION

MEDICALLY FIT

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

Signature: _____

CR. No. 1693806, P.S. No. 443, P.C. 112.

Rasht, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765

Rasht 24799760 | Al Khawair: 24488322 | Sohar: 28846660 | Al Khoud: 24546299 |

Salalah: 21291810 | Barka: 26884910 | Sur: 25546112 | Nizwa: 25447777 | Falaj: 26754131 |

Suwaiq: 26050613 | Duqm: 22826435 | Maballa: 22826381

Email: info@badroman.com



المقر الرئيسي
ب. ت. د. : ٢٩٩٧٦٠، ص. ب. : ٤٤٣، الرمز البريدي : ١١٢،
ر. ي. سلطنة عمان، شاطئ : ٢٤٧٩٩٧٦٠، فاكس : ٢٤٧٩٩٧٦٥
ر. ي. : ٢٤٧٩٩٧٦٠، الخوير : ٢٤٤٨٨٣٢٢، ص. ب. : ٤٤٣، الخوض : ٢٤٥٤٦٢٩٩
ص. ب. : ٢٤٧٩٩٧٦٠، البركاء : ٢٤٨٨٨٩٠، ص. ب. : ٢٥٥٤٦١١٢، الر. ي. : ٢٥٤٤٧٧٧٧، ف. ب. : ٢٦٧٥٤٨١
ص. ب. : ٢٦٧٥٤٨١، ح. ب. : ٢٢٨٢٣٣٣، م. ب. : ٢٢٨٢٣٣٣
البريد الإلكتروني : info@badroman.com



File No: 3440587
Name: BARJINDER SINGH
Age: 49 Y Sex: M
Nationality: INDIAN
GSM No.: 79193710
Ref. By: DR. VENKATESH KUMAR

Doc No: 3666954
Date: 11/05/2023 Time: 14:59
Bill No: 4496169
Chs No:
ID No:

Test	Result	Normal Range
BLOOD GROUP	A	
Rh	POSITIVE	
HAEMOGRAM		
TOTAL COUNT(W B C)	5.6 K/uL	4.0 - 11.0 K/uL
DIFFERENTIAL COUNT		
NEUTROPHILS	45 %	40- 75 %
LYMPHOCYTES	45 %	20 -45 %
EOSINOPHILS	03 %	01 - 06 %
MONOCYTS	07 %	02 - 10 %
BASOPHILS	00 %	
HAEMOGLOBIN	16.0 gm/dl	Male : 14 - 18 gm/dl Female - 12-16 gm/dl
R B C COUNT	5.0 mil/uL	3.8 - 5.8 mil/uL
PCV	45.4 %	37 - 47 %
M C V	89.9 fL	78 - 93 fL
M C H	31.6 pg	27 - 32 pg
M C H C	35.2 gm/dL	31 - 35 gm/dL
PLATELET COUNT	273 k/Ul	150 - 400 k/Ul
SICKLING TEST	NEGATIVE	
RENAL FUNCTION TEST		
UREA	2.66 mmol/L (16 mg/dl)	1.66 - 7.47 mmol/L 10 - 45 mg/dl
CREATININE	68.07 umol/L (0.77 mg/dl)	61.88-123.76 umol/L 0.7 - 1.4 mg/dl
URIC ACID	309.3 umol/L (5.2 mg/dl)	Male:202-416 umol/L , Male:3.4-7.0 mg/dl, Female:149-357 umol/L Female:2.5-6.0mg/dl

Medical Technologist
Out of Normal Range

Requisitioning Doctor:
Out of Critical Range



Collected Date And Time: 11/05/2023 12:20:00
Reported Date And Time: 11/05/2023 14:59:00

Page: 1 of 1



File No: 3440567
Name: BARJINDER SINGH
Age: 49 Y Sex: M
Nationality: INDIAN
GSM No.: 79193710
Ref. By: DR. VENKATESH KUMAR

Doc No: 3666955
Date: 11/05/2023 Time: 15:01
Bill No: 4496169
Chs No:
ID No:

Test	Result	Normal Range	
BLOOD SUGAR [RANDOM]	4.55 mmol/L (82 mg/dl)	Upto 7.77 mmol/l	Up to 140 mg/dl
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	128 U/L	Male :40 - 129 U/L Female:-35 -104 U/L Children:1y-9 y:145-420 U/L 10y-11y:30 -560 U/L	
SGOT (AST)	63 IU/L	Up to 40 IU / L	
SGPT (ALT)	64 IU/L	Up to 41 IU / L	
TOTAL BILIRUBIN	5.47 umol/L (0.32 mg/dl)	Up to 17 umol/l	Up to 1.0 mg/dl
DIRECT BILIRUBIN	2.05 umol/L (0.12 mg/dl)	Up to 5 umol/l	Up to 0.3 mg/dl
INDIRECT BILIRUBIN	3.42 umol/L (0.2 mg/dl)	Upto 12 umol/L	Up to 0.7 mg/dl
PROTEIN TOTAL	85 gm/L (8.5 gm/dl)	60 - 83 gm/L	6.0 - 8.3 gm/d l
ALBUMIN	47 gm/L (4.7 gm/dl)	32 - 50 gm/L	3.2 - 5.0 gm/dl
GLOBULIN	38 gm/L (3.8 gm/dl)	23 - 35 gm /L	2.3 - 3.5 gm/dl
LIPID PROFILE			
CHOLESTEROL [TOTAL]	5.59 mmol/l (216 mg/dl)	Upto 5.17 mmol/l	Up to 200 mg/dl
CHOLESTEROL [HDL]	0.88 mmol/l (34 mg/dl)	>1.03 mmol/l	> 40 mg/dl
CHOLESTEROL [LDL]	3.08 mmol/l (119 mg/dl)	Upto 3.36 mmol/l	Up to 130 mg/dl
CHOLESTEROL [VLDL]	1.63 mmol/l (63 mg/dl)	Upto 1.29 mmol/l	Up to 50 mg/dl
TRIGLYCERIDES	3.56 mmol/l (315 mg/dl)	Up to 2.26 mmol/l	Up to 200 mg/dl

Medical Technologist
Out of Normal Range

Out of Critical Range

Requisitioning Doctor:



Collected Date And Time: 11/05/2023 12:20:00

Reported Date And Time: 11/05/2023 15:01:00

Headquarters:
CR. No. 1693808, P.O. No. 443, P.C. 112,
Ruwi, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765

Ruwi: 24799760 | Al Khawr: 24488522 | Sohar: 26846660 | Al Khoud: 24546099 |
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Falaj: 26754131 | Suwaiq: 26060613 | Duqm: 22826435 | Maballa: 22826381
Email: wecare@badralsamaahospitals.com

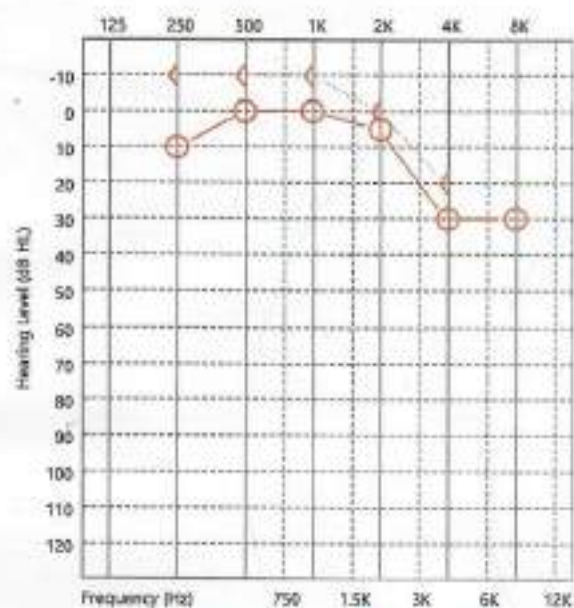
المقر الرئيسي:
س. ت. ١٦٩٣٨٠٨، ص. ب. ٤٤٣، المنطقة الحرة، ١١٢،
روعي سلطنة عمان، هاتف: +٩٦٨ ٢٤٧٩٩٧٦٠، فاكس: ٢٤٧٩٩٧٦٥
روعي: ٢٤٧٩٩٧٦٠ | الخوير: ٢٤٤٨٨٥٢٢ | صحار: ٢٦٨٤٦٦٦٠ | الخوض: ٢٤٥٤٦٠٩٩ |
صلالة: ٢٣٢٩١٨٣٠ | بركاء: ٢٦٨٨٤٩١٠ | صور: ٢٥٥٤٦٣١٢ | نزوى: ٢٥٤٤٧٧٧٧ | falaj: ٢٦٧٥٤١٣١ |
السوق: ٢٦٦٦٣٤ | الدقم: ٢٢٨٢٦٤٣٥ | المعبرة: ٢٢٨٢٦٤٣٥ | wecare@badralsamaahospitals.com
البريد الإلكتروني: wecare@badralsamaahospitals.com

First Name	BARJINDER SINGH
Last Name	
Patient ID	3440567
Gender	Male
Birthdate	11/05/2023
Age	49

Report Date/Time
11/05/2023 12:43 PM

Audiogram Graph

DD45



AC PTA 2 dB BC PTA -7 dB SII 88 %

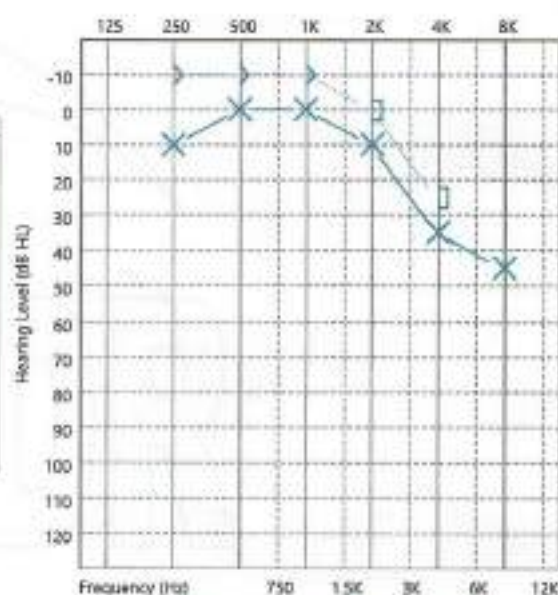
cbs EM

AC									
BC									

REF. ANSI S3.6 / IEC 60645-1

Audiogram Graph

DD45



AC PTA 3 dB BC PTA -7 dB SI 0.4 %

de ene

AC									
BC				0	0				

REF. ANSI S3.6 / IEC 60545-1

Provisional Diagnosis

BILATERAL HEARING SENSITIVITY ESSENTIALLY WITHIN NORMAL LIMITS WITH MILD SENSORINEURAL HEARING LOSS AT HIGH FREQUENCY IN RIGHT EAR & SLOPING SENSORINEURAL HEARING LOSS AT HIGH FREQUENCY IN LEFT EAR.

Examiner **SRUTHI JINYOY**

License Number 16261

Signed By:

SRUTHI INOY
AUDIOLOGIST
MDR LIC. # 48264

Signed On Date:

11/05/2023



Headquarters:
 CH. No. 1695808, P.O. No. 443, P.C. 112,
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Rawi : 24799760 | Al Khasair : 24488322 | Sohar : 26840060 | Al Khoud : 24540099
Salalah : 23291800 | Berka : 26884910 | Sur : 25546112 | Nizwa : 25447777
Falaj : 26754333 | Suwailq : 26060613 | Duqm : 28264335 | Mabella : 22826381
Email: wecpce@bzdairsamaahschools.com

المقر الرئيسي :
س. ت. : ٨٩٩٨٠٨ ص. ب. : ٨٩٩٨٠٨ الرمز البريدي : ٨٩٩٨٠٨
روي سلطانة عمان هاتف : ٩٦٩٩٩٦٠ فاكس : ٩٦٩٩٩٦٠

[illegible]

Dr. B. Venkatesh Kumar
3440567

P. 1/1

BADR AL SANAA NIZWA

ID: [REDACTED]
First Name: [REDACTED]
Last Name: [REDACTED]
Age: 0
Height: 0 cm
Weight: 0 kg
Gender: Male
Race: No
Pacemaker: No

Physician: No
Technician: No
Room No.: 0
Medication1: No
Medication2: No
Comments:

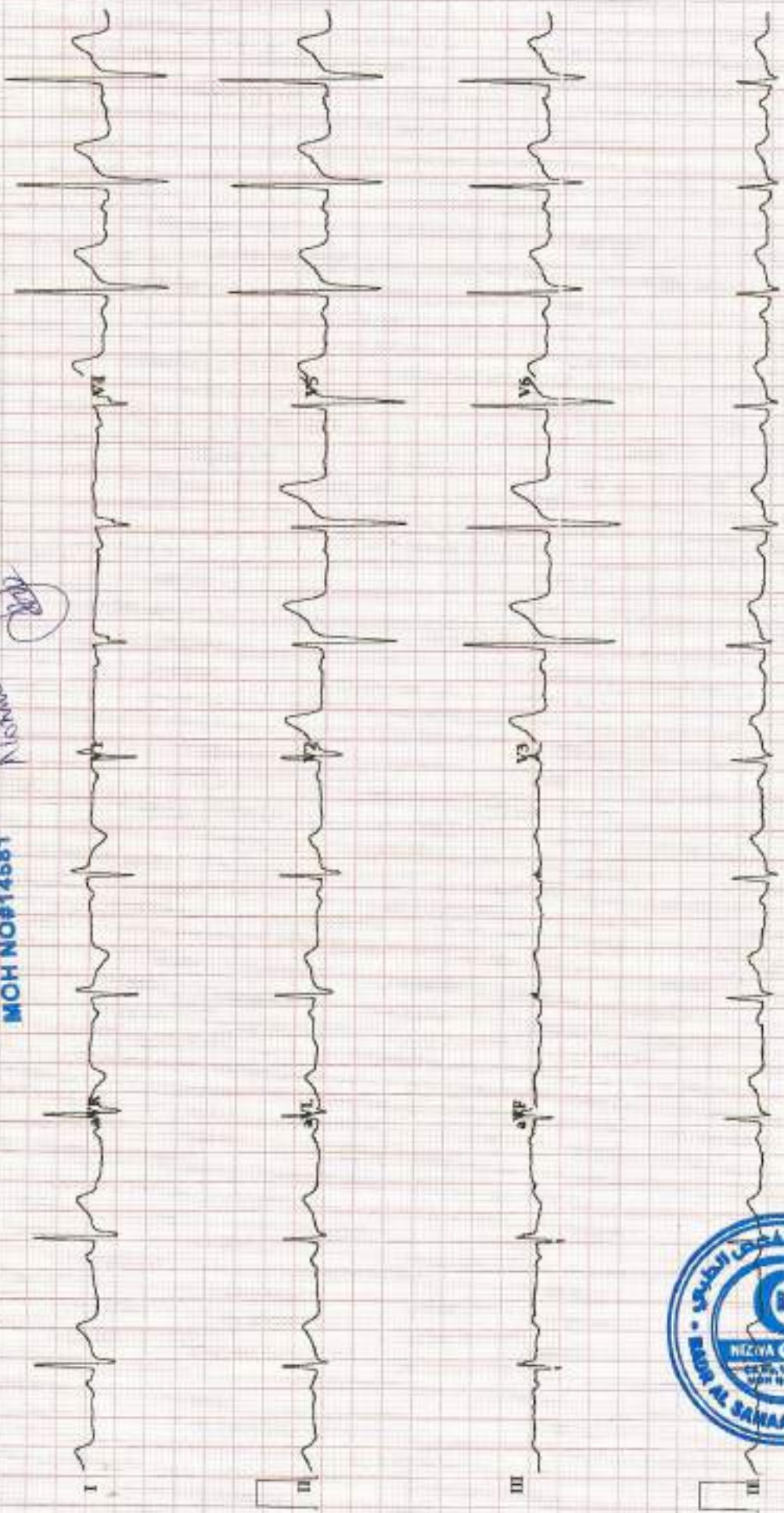
Heart Rate: 74 bpm
PR Interval: 166 ms
QRS Duration: 97 ms
QT/QTc: 397 / 440 ms
PP/RR Interval: 807 / 811 ms
P/R/T axis: 34 / 17 / 19



<Diagnosis Result>
Normal Sinus Rhythm
[Summary] Normal

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

Normal



Fitness to Work Certificate

Employee Data		Date : 28/5/23	
Name : Banjinder Singh		Department/Company	
I.D No : 113199901	Age : 49yrs	Occupation : Type Room	
Type of Medical Evaluation		Mark those applying ✓	
A1 Aircraft refueling		A6 Fire /Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	
A3 Business traveler		A8 Remote location work	
A4 Catering and food preparation		A9 Transfers – group A country	
A5 Crane or forklift driving & all heavy vehicles		A10 Transfers – group B country	
Health Advisor Statement: The above named person has been examined according to the statements laid down in "Protocols and Guidance Notes on the Medical Evaluation of Fitness to Work". At this time his/her fitness to work status for the above tasks is as follows.			
Fit with no restrictions ✓		YES	
Fit with following restriction(s)			
The employee is fit for above work but should avoid the following task(s)	Temporary restriction	Permanent restriction	
Work near moving machinery or sharp edges			
Working at height			
Pulling, pushing, or carrying weight over ____ Kg			
Ascend/descend ladders or stairs			
Operate motor vehicles, forklifts or heavy machinery			
Use of a respirator			
Repetitive twisting of valves or wrenches			
Flying			
Other (Specify) – Working Conditions (Extreme / Interir Clinic / Confined Work Place / Noisy)			
Temporary Unfit until			
Permanently Unfit		Date : 28/5/23	
Name of health advisor	Signature	Date : 28/5/23	

FIT


DR. VENKATESH KUMAR
 CARDIOLOGIST
 MOH NO: 14581



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)



مجموعة مستشفيات ومستوصفات بدر الساماء
BADR AL SAMAA
GROUP OF HOSPITALS AND POLYCLINICS

Surname	Banjinder Singh
Forenames	Adarsh / Pooja
Address	Adarsh / Pooja
Home telephone number	+91 528963769

Place of examination BADR AL SAMAA	Date 28/5/23
------------------------------------	--------------

If a dependent enter employee's name here:

Surname	Forenames
---------	-----------

Birth date 2.5.24	Nationality: Indian	Country of birth: India	Religion: Hindu
-------------------	---------------------	-------------------------	-----------------

☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Relationship to employee ☐ Wife ☐ Son ☐ Daughter	Number of children: 1
--	---	--	-----------------------

Reason for examination Pre-Employment Job:

Pre-Overseas Area: ☐	Reason: Tyre Man
---	------------------

Name and address of family doctor	List your last 3 jobs
-----------------------------------	-----------------------

(1)	(2)
-----	-----

Are you a Registered Disabled Person? (UK only) ☐	Do you belong to any Medical Insurance Scheme? ☒
--	--

DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments)

	Y	N		Y	N		Y	N
1. Sinus trouble			21. Cancer			HAVE YOU EVER BEEN:-		
2. Neck swelling/glands			22. Heart Disease			40. Rejected for employment or insurance for medical reasons		
3. Difficulty in vision			23. Rheumatic fever			41. Awarded benefits for industrial injury/illness		
4. Any ear discharge			24. Abnormal heartbeat			42. Treated for a mental condition, e.g. depression		
5. Asthma/bronchitis			25. High blood pressure			43. Treated for problem drinking or drug abuse		
6. Hayfever/other significant allergy			26. Stroke			44. Exposed to toxic substance or noise		
7. Any skin trouble			27. Serious chest pain			FOR WOMEN ONLY		
8. Tuberculosis			28. Any blood disease			Have you ever had:-		
9. Shortness of breath			29. Kidney disease			45. An abnormal smear		
10. Coughed/vomited blood			30. Blood in urine			46. Any gynaecological treatment		
11. Severe abdominal pain			31. Diabetes			47. Are you pregnant?		
12. Stomach ulcer			32. Headaches/migraine			48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
13. Recurrent indigestion			33. Dizziness/fainting					
14. Jaundice or hepatitis			34. Epilepsy					
15. Gall Bladder disease			35. Joints/spinal trouble					
16. Marked change in bowel habits			36. Surgical operation					
17. Blood in stools (motions)			37. Serious accident/fracture					
18. Marked change in weight			38. Tropical disease					
19. Varicose veins			39. Fear of heights					
20. Lump in breast/ampit								

How much tobacco each day? <u>None</u>	Average daily alcohol consumption <u>None</u>
--	---

Have you ever taken illicit drugs? ☒ PDO test all new/potential employees for illicit/recreational drugs

FAMILY HISTORY: Diabetes ☒ Tuberculosis ☒ Epilepsy ☒ Asthma ☒ Eczema ☒

Heart disease ☒ High blood pressure ☒ Stroke ☒ Blood Disease ☒ Cancer ☒

PLEASE READ THE FOLLOWING STATEMENT AND IF YOU AGREE KINDLY SIGN IT:-

I declared these statements to be true to the best of my knowledge and belief and I agree that the result of this medical examination in general terms may be revealed to the Company if required, and the details sent to my own doctor if this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.

Date: 28/5/23	Signature of Applicant: <u>[Signature]</u>
---------------	--

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

[Signature]
Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581



N = Normal A = Abnormal (please describe)				PHYSICAL EXAMINATION			
N	A						
		1. Eyes & Pupils					Normal & Reactive
		2. E.N.T.					ENT - normal
		3. Teeth & Mouth					
		4. Lungs & Chest					Normal
		5. Cardiovascular System					Normal
		6. Abdo. Viscera					Normal
		7. Hernial Orifices					Normal
		8. Anus & Rectum					Normal
		9. Genito-urinary					Normal
		10. Extremities					Normal
		11. Musculo-skeletal					Normal
		12. Skin & Varicose Vns.					Normal
		13. C.N.S.					Normal
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	Colour Vision
175	99	32.3	126/78	72/min.	L R	DISTANT NEAR Uncorrected Corrected	Colour Vision
						R L R L 4/6/6/6 N/6/6/6	Colour Vision
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS				N	A
		1. Urinalysis				7. Audiogram	Normal hearing
		2. Hb, Bloodcount, ESR				8. Lung Function	Normal
		3. LFT, RFT, RBS				9. Chest X-Ray	Normal
		4. Drug Screen				10. ECG	Normal
		5. Lipids (40 years +)				11. CVS risk for 40 yrs. & above	Normal
		6. Sickle Cell test				12. HIV, Hepatitis screening	Normal
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)							
DCP - Arterio on medication							
ASSESSMENT:							
FIT ALL AREAS ☒ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT ☐							
Date: 28/1/2024 Name (Block Capitals): Dr. / Nurse Signature:							
REVIEW/CONSULTATION							
Date: 28/1/2024 Name (Block Capitals): Dr. / Nurse Signature:							

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

Dr. SAJID A.P.
MBBS., DNB (ENT),
Specialist Ent Surg.
MOH Lic No. 14238

