Fitness to Work Certificate for drivers

Employee Data		Date	19/3/-03
Name	AMRIK SINGH	Department/Company	TRICOMTN
I.D No. 87470099	Age 34	Occupation	HDD

Type of Medical Evaluation		Mark those applying √	
A5– HVD- Crane or forklift driving & all heavy vehicles	√	A7- Professional driving-light vehicles	

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			✓
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			
Operate Heavy motor vehicles, forklifts or heavy machinery			
Other (Specify)			
Temporary Unfit until			
Permanently Unfit			
Name of health adviser [signature]	Signature [signature]	Date 19/3/03	

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER

مركز الرسيل الصحي
RUSAYL HEALTH CENTRE
C.R. No.: 1259854, س.ت: ١٢٥٩٨٥٤
P.O. Box: 18, P.C.: 124, Rusayl
Sultanate of Oman
RS PAC MURMUL CLINIC

11.20 Appendix 20: (Form SQ5): Epworth Screening Quest. for Sleep Apnoea

Employee Data	Date: 14/8/08
Name: AMRIK SINGH	Department/Company:
I. D No. [illegible] Tel: [illegible]	Occupation: HDD

This questionnaire will help identify if you have any health condition which may need a more detailed medical assessment as part of your fitness to work determination. If you have any queries please contact your local Health Services staff. All information provided on this form and during consultations remains strictly confidential. When further clinical evaluation is required following completion of a screening questionnaire, the details should be recorded on Q1 and E1 forms.

How likely are you to fall asleep in the following situations? (use 0 to 3 score as shown below)

0 Would never doze

1 Slight chance of dozing

2 Moderate chance of dozing

3 High chance of dozing

0 sitting and reading

0 watching TV

0 sitting inactive in a public place (e.g. theatre or meeting)

0 as a passenger in the car for an hour without a break

1 Lying down to rest in the afternoon when circumstances permit

0 Sitting a talking with someone

0 Sitting quietly after lunch without alcohol

0 In a car, while stopped for a few minutes in traffic

Total 1

If you score a total of 15 or more you should seek advice from medical personnel on site before continuing to drive or operate machinery in the workplace.

Declaration: I AMRIK SINGH (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: Amrik singh Date: 14/8/08

DR. CHIEMEKA NDUKA EKESHE
GENERAL PRACTITIONER
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MOH LIC NO. 19766

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مركز الرسيل الصحي
RUSAYL HEALTH CENTRE
ISO 9001 - 2015 Certified Co.

No. B 13088

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)

RUSAYL HEALTH CENTRE
ISO 9001 - 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames	AMRIK SINGH
Nationality	INDIAN
Mobile No. 71619269	Home/Leave Address:
Company Number:	Reference Indicator:
Personal Details 34	CIVIL ID. - 87472099

A ☐ Male ☐ Female ☑ Married ☐ Single ☐ Separated /Divorced /Widow(er)

Home/Leave Address:

Relationship to employee ☐ Wife ☐ Son ☐ Daughter

No of Children: 1

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☑ Final / Retirement ☐ Other Reason: ☐

Employee only

B Present Job and Location: HDD, TRUCKMAN

Next Job and Location:

Are you a registered person with special needs? ☐

Do you belong to any Medical Insurance Scheme? ☐

Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.

Please answer the following questions and tick 'N' (no) or 'Y' **(yes) in the column.** If 'Y' **Please describe**

		N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?				
1	Ear, nose, eye or throat problems	✓		
2	Chest problems like asthma, bronchitis, other bad cough	✓		
3	Heart abnormality, chest pains	✓		
4	Abdominal pains, abnormal bowel motions	✓		
5	Urogenital problems (kidney disease, menstrual disorder)	✓		
6	Skin trouble or allergies	✓		
7	Epileptic fits, dizzy spells or migraine	✓		
8	History of mental illness, depression anxiety	✓		
9	Diabetes, thyroid disease	✓		
10	Blood disorder e.g. anaemia, blood cancer e.g. leukaemia	✓		
11	Any history of accidents or fractures	✓		
12	**Have you had any serious allergies**	✓		
13	Do any dependants have a significant ongoing illness?	✓		
14	Any family history of cancers	✓		
Do you take any regular medicines, or have your taken in the past?		✓		
Do you smoke? If yes, what and how much each day?		✓		
Do you drink alcohol? If yes, what is your average weekly intake?		✓		
Have you ever taken elicited/recreational drugs?		✓		
Are you doing regular sports or physical activities?		✓		

STATEMENT: I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. . I understand and agree that this form will be held as a confidential record by PDO Medical Department, and may be copied (by paper or secure electronic transmission)] to the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review .

Date: 14/3/23

Signature of Applicant: Amrik Singh

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Sultanate of Oman
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DR. CHIEMEKA NDUKA EKEGNE
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 19788

مركز الرسيل الصحي
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ISO 9001 - 2015 Certified Co.

No. B 13088

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)

N	A		PHYSICAL EXAMINATION
✓		1. Eyes & Pupils	
✓		2. E.N.T.	
✓		3. Teeth & Mouth	
✓		4. Lungs & Chest	
✓		5. Cardiovascular System	
✓		6. Abdo. Viscera	
✓		7. Hernial Orifices	
✓		8. Anus & Rectum	
✓		9. Genito-urinary	
✓		10. Extremities	
✓		11. Musculo-skeletal	
✓		12. Skin & Varicose Vns.	
✓		13. C.N.S.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE /mins.	HEARING	VISION
175	87.8	28.7	120/80	72	L (N) R (N)	DISTANT R 6/6 L 6/6; NEAR R N L N; Uncorrected / Corrected

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis		✓		7. Audiogram
✓		2. Hb, Bloodcount, ESR				8. Lung Function
✓		3. LFT, RFT, RBS				9. Chest X-Ray
✓		4. Drug Screen				10. ECG
✓		5. Lipids (40 years +)				11. CVS risk for 40 yrs. & above
✓		6. Sickle Cell test				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.) overweight

ASSESSMENT AND RECOMMENDATIONS:

☑ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT

Fit to work

Date: 14/3/23 Name (Block Capitals): Dr. / Nurse Goodluck Regan Signature:

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REVIEW/CONSULTATION

Regular exercise

Date: 14/3/23 Name (Block Capitals): Dr. / Nurse Goodluck Bonsifa Signature:

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 15705

Rusayl Industrial City
P.O. Box : 18, Rusayl
Postal Code : 124
Sultanate of Oman
Tel.: 24446151 / 54
Fax : 24446833

مركز الرسيل الصحي
Rusayl Health Centre
ISO 9001 - 2015 Certified Co.

Timing : O.P.D. 7 a.m. to 5. p.m.

Date : 14/3/2023

LABORATORY INVESTIGATION

Name : AMRIK SINGH Sex : M Age : 33

Dr.: Company : Truck oman

HAEMATOLOGY

Total WBC	7.42	(4000-11000cu/mm)
DC - NEUTROPHIL	63.0	(40-75%)
LYMPHOCYTE	34.8	(20-45%)
EOSINOPHIL	1	(1-6%)
MONOCYTE	2	(2-10%)
BASOPHIL	0.2	(0-1%)
ESR		(0-12mm/hr)
		(M:12-16 g/dl)
		(F:11-14 g/dl)
HB	15.7	(14gm/dl---16gm/dl)
RBC COUNT	5.14	(4.5-6.6Million/cumm)
Platelet count	275,000	(150-400cu/mm)
Bleeding Time		(3-6min)
Clotting Time	45.8	(5-10min)
HCT	87.8	(40-45%)
MCV	80.6	(78--92fl)
MCH	Negative	(27--32pg)
Sickle cell	34.8	
MCHC		(31---35gm/dl)
Blood Group		

BIOCHEMISTRY

Diabetic profile

Blood sugar(fasting)		(70mg/dl-110mg/dl)(3.8mmol/l---6.1mmol/l)
PPBS		(80mg/dl-130mg/dl)(4.50-7.3mmol/l)
RBS		(64mg/dl-160mg/dl)(3.6mmol/l-8.9mmol/l)
HBA1C		(4--6.5%)

Lipid profile

Triglycerides	84	(upto 200mg/dl)
Total Cholestrol	159.9	(<200mg/dl)
HDL	40	(>40mg/dl)
LDL	103	(Up to 130mg/dl)

Liver Function test

Total bilirubin	0.98	(upto 1.0mg/dl)
SGOT	25.6	(Up to 40IU/L)
SGPT	39.4	(up to 41IU/L)
Total Protein		(6-8.3gm/dl)

Renal function Test

S creatinine	1.1	(0.7-1.4mg/dl)
Urea	33.8	(10-45mg/dl)
Uric acid	3.9	(3.4-7.0 mg/dl)

Cardiac profile

Troponine T		(>0.01ng/ml)

H.Pylori Test

Malaria Parasite

Micro Filaria

URINE ANALYSIS

Colour	Yellow
Sp gravity	1.010
pH	5
Albumin	
Sugar	
Acetone	
Bile Salts	
Urobilinogen	
Blood	NIL
Nitrate	
Leukocyte Estrase	
Microscope	
Pus cells	/HPF
RBC	/HPF
Epithelial cells	/HPF
Casts	/HPF
Crystals	
Bacteria	
Mucus-Thread	

Pregnancy Test

STOOL EXAMINATION

Colour:
Consistancy:
Reaction:
Occult Blood:
Microscopic ova:
Cyst:
Entamoeba
Flagellates:
Pus Cells:
R.B. Cs:
Epith; cells:
Other:

SEMEN ANALYSIS

Quantity: Reaction:
Total Sperm Count million/ml
(Normal 60-150 million/ml)
Microscopic: Active motile %
Sluggish motile: %
Dead Sperms: %
Pus Cells R.B. Cs:
Epith: Cells:
Morphology Normal: %
Abnormal: %

V.D.R.L./Syphilis
R.F.
HBsAg.
HCV.
HIV

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Medical Officer Lab. Technician

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Fax : 24446833

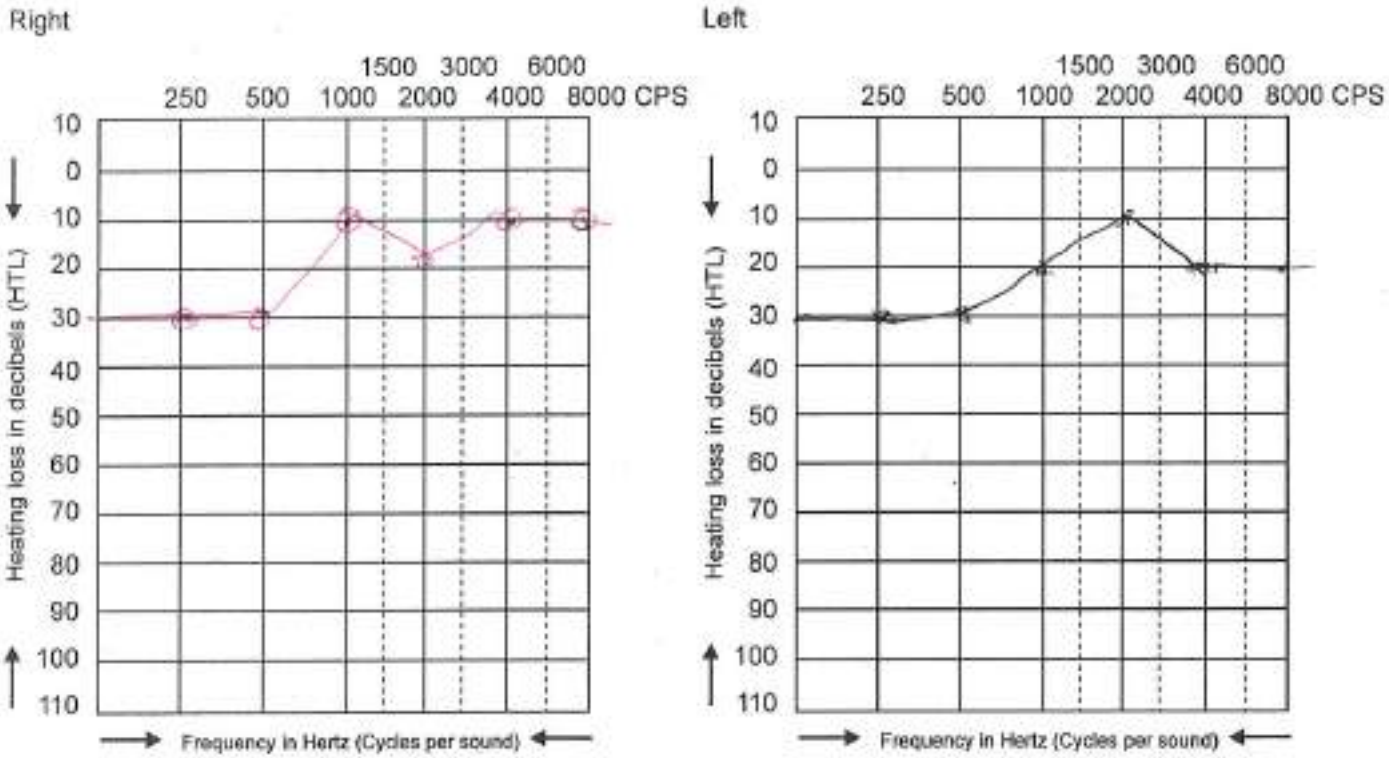
مركز الرسيل الصحي
منطقة الرسيل الصناعية
ص.ب : ١٨ الرسيل الرمز البريدي : ١٢٤
سلطنة عمان
تليفون : ٥٤ / ٢٤٤٤١١٥١
فاكس : ٢٤٤٤٦٨٣٣

Name of Patient ..... اسم المريض

Age ..... السن Sex ..... الجنس Date ..... التاريخ

Name of Company ..... اسم الشركة

AUDIOGRAM



Impression : NORMAL HEARING

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 19758

Name of Dr. & Signature