



Al Nile
Medical Complex
مجمع النيل الطبي

Medical Fitness Certificate

Name of the Examined : Mr. RUPINDER SINGH BALVIR SINGH
Age : 39yrs/M
ID Number : 114003944
Job Title : DRIVER
Date of medical Examination: 2/9/2024
Examining physician : DR.BARAA AL HAKEM
Medical centre : AL NILE MEDICAL CENTER
Company : TRUCK OMAN

Assessment Results

The certificate is valid for 2 years from the date of medical examination
Fitness classifications:

- ☒ Fit to work without restrictions
- ☐ Fit work with restrictions
- ☐ Unfit to work temporarily or definitely

FIT

Restrictions list:

- R1: Unfit to work offshore, on marine vessels and in remote locations.
- R2: Unfit for Lifting and strenuous efforts.
- R3: Unfit to work in certain countries, check with geomarket health advisor.
- R4: Unfit to work in jobs requiring precise color vision.
- R5: Unfit to work in job with high level of noise.
- R6: Unfit to work in high risk of malaria countries.
- R7: Unfit to work in extreme heat.
- R8: Unfit to work in extreme cold.
- R9: Contact Geo market health advisor/international medical coordinator - there exist specific restriction.
- R10: Unfit to work for a temporarily of time until further notice.
- R11: Unfit to work in jobs requiring good visual acuity (eg: driving company vehicle).
- R12: Fit only for defined period of time (1, 3 or 6 months) and must be reassessed and fitness redefined.
- R13: Unfit to drive company vehicle.
- R14: Unfit to fly long haul flights.
- R15: Unfit to work in heights and confined spaces.

COMMENTS

Examining physician stamp and signature

Dr. Baraa Al Hakem



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	RUPINDER SINGH BALVIR		
		GIN:			
Place of examination	Date	Mobile: 79412153			
	2/9/2024				
Age: 39 YEARS	Nationality: INDIAN	Blood Group	A POSITIVE		
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 1			
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)					
	Y	N		Y	N
1-SINUS TROUBLE		☒	21- CANCER		☒
2- NECK SWELLING / GLANDS		☒	22- HEART DISEASE		☒
3-DIFFICULTY IN VISION		☒	23- RHEUMATIC FEVER		☒
4- ANY EAR DISCHARGE		☒	24- ABNORMAL HEARTBEAT		☒
5-ASHMA / BRONCHITIS		☒	25- HIGH BLOOD PRESSURE		☒
6- HAYFEVER / OTHER SIGNIFICANT ALLERGY		☒	26- STROKE		☒
7-ANY SKIN TROUBLE		☒	27- SERIOUS CHEST PAIN		☒
8- TUBERCULOSIS		☒	28- ANY BLOOD DISEASE		☒
9- SHORTNESS OF BREATH		☒	29- KIDNEY DISEASE		☒
10- COUGHED / VOMITED BLOOD		☒	30- BLOOD IN URINE		☒
11- SEVERE ABDOMINAL PAIN		☒	31- DIABETES		☒
12- STOMACH ULCER		☒	32- HEADACHES / MIGRAINE		☒
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 / ARMPIT		☒			☒
HOW MUCH TOBACCO EACH DAY?		NO	AVERAGE DAILY ALCOHOL CONSUMPTION		NO
HAVE YOU EVER TAKEN ELICITED DRUGS ? () NO					
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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.					
DATE: 9/2/2024					
SIGNATURE OF APPLICANT: <u>Rupinder Singh</u>					



VISUAL FIELDS:	R. 6/6 - L. 6/6	COLOR VISION:	Normal
SPEECH:	Normal	SHISPER TEST:	Normal
NEAR VISION RIGHT EYE:	6/6	NEAR VISION LEFT EYE:	6/6
DISTANT VISION LEFT EYE:	6/6	DISTANT VISION RIHT EYE:	6/6
HEIGHT: 160 CM	WEIGHT: 63 Kg	BMI: 25	BP: 120/80
			PULSE: 82/min
BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY
EYES AND PUPILS	N		
EAR/ NOSE/ THROAT	N		
TEETH AND MOUTH	N		
LUNGS AND CHEST	N		
CARDIOVASCULAR	N		
ABDOMEN	N		
HERNIAL ORIFICES	N		
ANUS AND RECTUM	N		
GENITO - URINARY	N		
EXTREMITIES	N		
MUSCULOSKELETAL	N		
SKIN / VARICOSE VIENS	N		
NEUROLOGICAL	N		
MENTAL FITNESS	N		
BREAST	N		

CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME :	AGE	SEX	COMPANY	GIN
Rupinder Singh Balbir	39	M		

PAST MEDICAL HISTORY N		BLOOD GROUP	
ALLERGIES: Non			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			
TESTS RESULTS			
AUDIOGRAM :		Normal	
DSU/3 PANEL			

ECG	Normal
CHEST X-RAY	Normal

BLOOD INVESTIGATIONS					
RBCS	5.23	4.20-6.30*10 ⁶ /UL	SGOT	17.1	MALE:10-50 FEMALE:10-35U/L
WBCS	7.690	4.0-11.0*10 ³ /UL	SGPT	29.7	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	71%	37-72%	GGT	13	0-50/UL
EOSINO	2%	0-6%	FBS:	5.1	60-110 MG/DL
BASO	0.2%	0-1%	CHOLESTEROL	198	UP TO 200 MG/DL
LYMPHO	22%	10-58%	HDL	63	20-60 MG/DL
MONO	5%	0-14%	LDL	107	UP TO 130 MG/DL
HEMATOCRIT		37-51%	TRIGLYCERIDES	132.6	35-175 MG/DL
HEMOGLOBIN	13.8	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	1.06	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	4	MALE:0-10 MM/HR FEMALE:0-20 MM/HR	URIC ACID	4.3	MALE:3.6-7.7 MG/DL FEMALE:2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	Nil	SUGAR	Nil
ALBUMIN	Nil	OTHERS	
STOOL ANALYSIS			
PARASITES	Nil	BLOOD	Nil

COMMENTS

EXAMINING PHYSICIAN





Al Nile
Medical Complex
مجمع النيل الطبي

C.R.NO.1128642, P.O.BOX:300, NIZWA - 611
Phone: 25426665 ,25426228 Whatsapp:94146648
Instagram:https://www.instagram.com/alnile_medical

Token No :3

INVOICE

File No. : 24014350
Patient : Mr. RUPINDER SINGH BALVIR (39 Y / M)
Invoice No. : 01 / 071399
Consultant : Dr.Barea Al Hakim
Nationality :
Mobile No. :
SID No. : 01 / 035418
SID Date : 02/09/2024/08:03:13
Corporate : TRUCK OMAN
Referrer Name :
DOB : 09/11/1984

الرقم Sl. No.	التفاصيل Description	الكمية Qty	السعر Rate	التخفيض Discount	الضريبة المضافة VAT	المبلغ Amount ريال عماني RO
1	SCHLUMBERGER FITNESS TO WORK	1	42.000	0.000	0.000	42.000

Bill Amount 42.000
VAT (Value added tax) 0.000
Total Amount 42.000

Balance amount to be paid by patient 42.000

Total Paid 0.000 Balance to be Paid 42.000

Total Amount in Words : R.O FORTY-TWO ONLY

Invoiced by : AMIRA

Payment Details:

Receipt Date Receipt No Amount Pay Mode



Patient Id : 24014350

Name : RUPINDER SINGH BALVIR



X-Ray DR ISLAM.docx

Consultant : DR BAREA AL HAKIM

Age: 39 Y / Gender: M

Report Date : 02 /09/2024

CHEST X-RAY PA VIEW

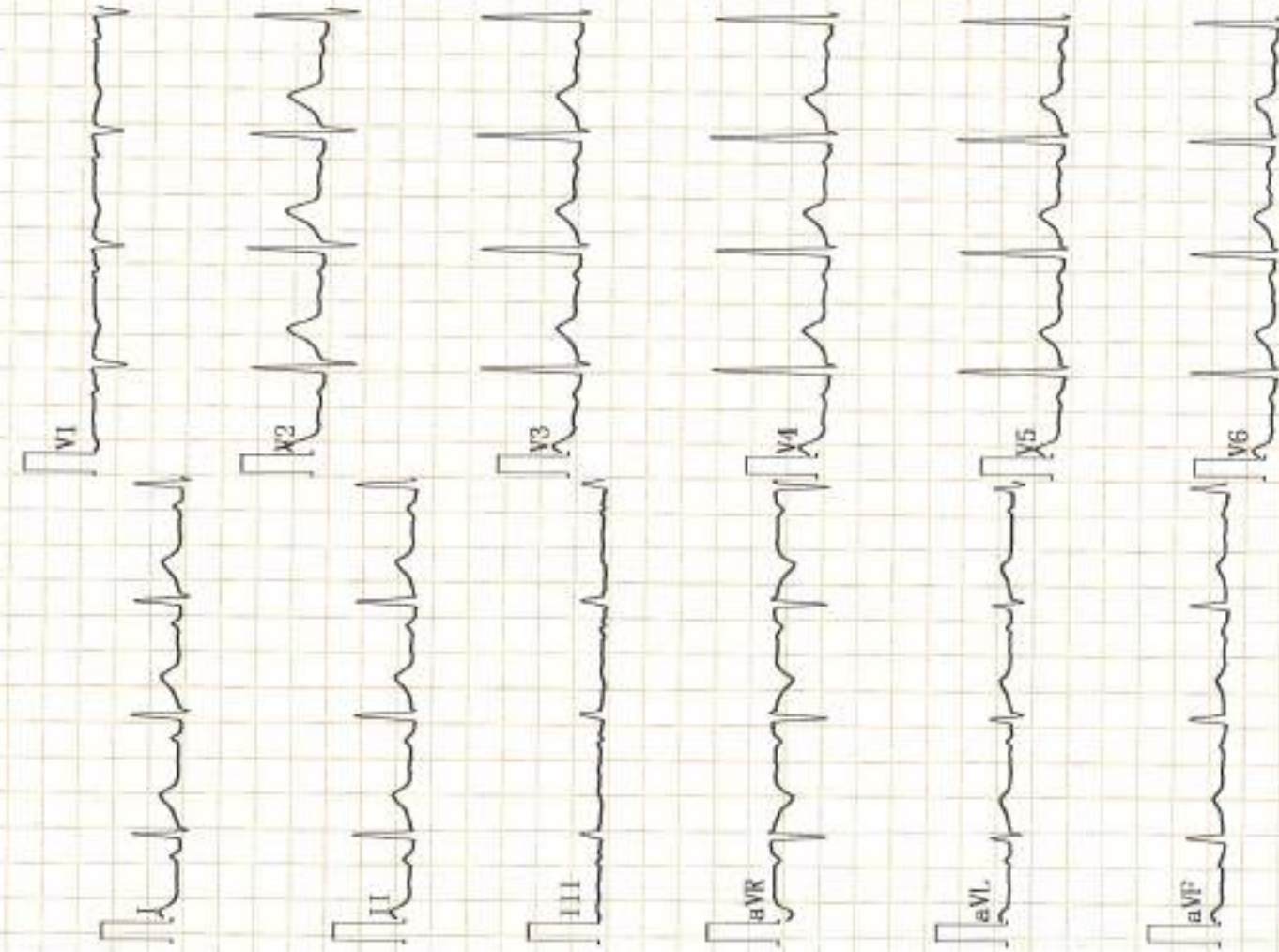
NORMAL

DR BAREA AL HAKIM



AUTO 10mm/mV

10mm/mV



1970-01-01 08:09:43
 Name : RUPINDER SINGH
 Sex : Male Age : 39
 Section: DR. BAREA
 RoomID: _____
 BedID: _____
 ID: 24014350
 Operator: subitha
 Custom1: _____
 Custom2: _____

Data for reference only:
 HR bpm : 93
 PR Interval ms : 155
 P Duration ms : 102
 QRS Duration ms : 67
 T Duration ms : 169
 QT/QTc ms : 324/403
 P/QRS/T Axis deg : 47.3/52.9/34.1
 R(V5)/S(V1) mV : 1.48/0.40
 R(V5)+S(V1) mV : 1.88

10mm/mV 25mm/s

<< Conclusions >>

Normal Sinus Rhythm;
 Cardiac electric axis normal;
 Report need physician confirm

Mr. RUPINDER SINGH BALVIR



24014350 DOB: 09/11/1984

25mm/s AC50Hz+EMC25Hz+DFT0.5Hz

Physician: _____





Patient Id : Mr. RUPINDER SINGH BALVIN

Name : 

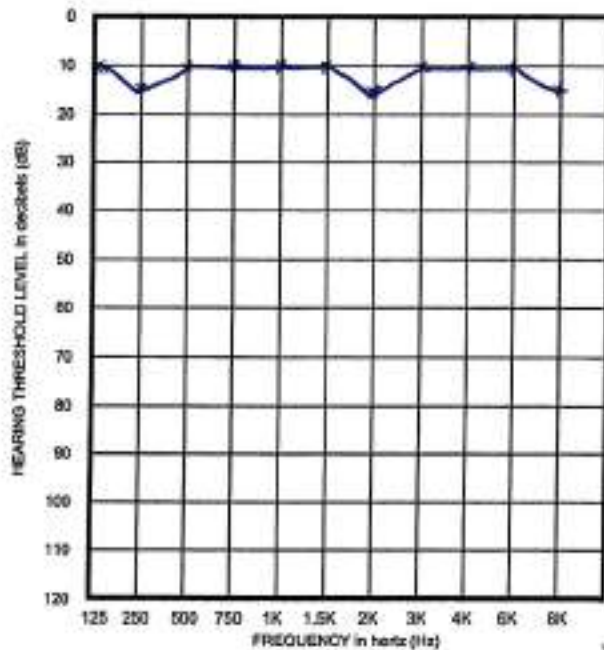
Consultant : 24014350 DOB: 09/11/1984

Dr. Baraa.

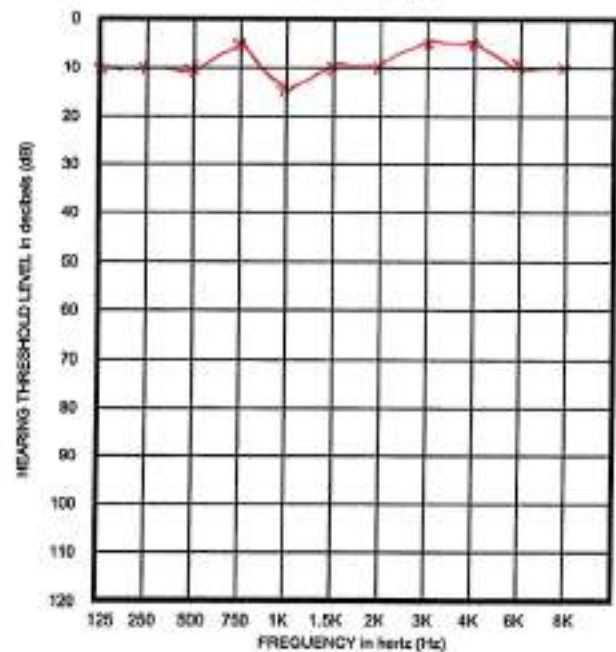
Age / Gender : 39 Y / M

Report Date : 02/09/2024

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral Hearing Sensitivity is normal.



Signature Audiologist



SID NO. : 01035418
Patient ID : 24014350
Name : Mr. RUPINDER SINGH BALVIR
Age / Gender : 39 Y / Male
Referrer : TRUCK OMAN
Consultant : Dr.Barea Al Hakim



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Collection Date & Time : 02/09/2024 08:31:31
Received Date & Time : 02/09/2024 08:44:23
Reported Date & Time : 02/09/2024 10:07:24

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
ALLERGY & IMMUNOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
DRUG SCREENING-10 Urine		
Amphetamine	NEGATIVE	NEGATIVE
Barbiturates	NEGATIVE	NEGATIVE
Cocaine	NEGATIVE	NEGATIVE
Marijuana	NEGATIVE	NEGATIVE
Morphine	NEGATIVE	NEGATIVE
SEROLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
Gamma-Glutamyltransferase (GGT)	13 U/L	5 - 36
BIOCHEMISTRY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
BLOOD SUGAR FASTING	5.1 mmol/l	3.3 - 6.1
CREATININE	1.06 mg/dl	Male: 0.7-1.4 mg/dl Female: 0.6-1.1mg/d
BILIRUBIN (DIRECT)	0.330 mg/dl	Up To: 0.3
BILIRUBIN (INDIRECT)	0.730 mg/dl	0.2 - 0.8
BILIRUBIN TOTAL	0.46 mg/dl	UP TO 1.1
SGOT	17.1 U/L	Upto 40
SGPT	29.7 U/L	less than 41
ALKALINE PHOSPHATASE	81.0 U/L	35 - 104
TOTAL PROTEIN	7.6 g/dL	6.6 - 8.7

Vivek Adattuppurath
Technician





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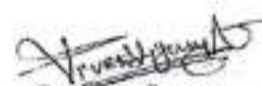


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Test Name (Method/Specimen)	Result	Biological Reference
ALBUMIN	4.50 g/dL	3.5 - 5.2
GLOBULIN	3.1 g/L	2.0-3.9
LIPID PANEL		
TRIGLYCERIDE	137.6 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL	198.0 mg/dl	<200 mg/dl
HDL CHOLESTEROL	63.57 mg/dl	40-60
LDL CHOLESTEROL	107.0 mg/dl	UP TO 150 mg/dl
URIC ACID	4.3 mg/dl	Male:3.4-7.0 Female: 2.4-5.7
CLINICAL PATHOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
URINE ANALYSIS Microscopy/Urine		
Physical		
Color	Yellow	
Transparency	Clear	
Chemical		
Specific Gravity	1.025	
PH	Acidic	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	


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Technician





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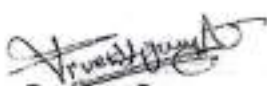


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Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Protein	NIL	
Nitrate	NIL	
Microscopic		
Leukocytes	NIL	
Pus Cells	2-3	
Erythrocytes	1-2 /hpf	0 - 2
Squamous Epithelial Cell	few /hpf	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	
Others	NIL	
STOOL ANALYSIS		
MOTION		
Physical		
Colour	Brownish	
Consistency	Semi Formed	
Microscopic		
Pus Cells	1-2 /hpf	
RBC Cells	0-2 /hpf	
E-HISTOLYTICA	NIL	
E-COLI	NIL	
Giardia Lamblia	NIL	
Taenia Saginata	NIL	
Taenia Solium	NIL	


Vivek Adattuppurath
Technician
MOH License No 12409





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Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Schistosoma Haematobium	NIL	
Ascaris Lumbricoides	NIL	
Trichis Trichiura	NIL	
Ancylostoma Duodenale	NIL	
Others	YEAST CELLS (++)	
HAEMATOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
SICKLING TEST	NEGATIVE	NEGATIVE
Complete blood count (CBC)		
Haemoglobin	13.9 gm/dl	13 - 18
TOTAL LEUCOCYTES COUNT	7690 Cells / Cumm	4000 - 11000
DIFFERENTIAL COUNT EDTA		
Neutrophil	71 %	45 - 70
Lymphocytes	22 %	15 - 45
Eosinophils	2 %	1 - 6
Monocyte	5 %	2 - 8
Basophils	0.2 %	less than 1
PACKED CELL VOLUME (HCT)	43.40 %	less than 54
RBC COUNT	5.23 millions/mm	4.5 - 5.5
MCV	82.9 fl	81.8 - 95.5
MCH	26.5 pg	27 - 32.3
MCHC	32.0 g/dL	32.4 - 35
PLATELET COUNT	325000 cu.mm	150,000 - 450,000

Vivek Adattuppurath
Technician





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Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
RDW-CV	14 %	11 - 16
RDW-SD	41 fl	35 - 56
ESR(AUTOMATED)	4 mm/hr	< 15



Vivek Adattupurath

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Technician

MOH License No 12409

