

Medical Fitness Certificate

Name of the Examined employee: RANJIT SINGH

Age: 41

ID NUMBER:

Job Title:

Date of Medical Examination: 08.07.2021

Examining Physician:

Medical Centre: APOLLO HOSPITAL MUSCAT

Company:

Assessment Result:**Fit to work without restrictions**

This Certificate is valid for 2 years from the date of medical examination

Fitness Classifications:

- Fit to work without restrictions
- Fit to work with restriction
- Unfit to work Temporarily or Definitely

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 geomarkethealth 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 Geomarket 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.

Examining Physician Stamp and signature

DR. DILIP SINGHVI
MBBS (DPM), MRCP (UK)
Specialist - Internal Medicine
MCH Licence No. 1112
Apollo Hospital Muscat



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name:	Ranjit Singh		
		GIN #			
Place of examination	Date	8/7/21			
		Mobile #			
Age: 41	Nationality: INDIAN	Blood Group			
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number of children: 2			
DO YOU HAVE OR 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. Asthma/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/arm/pit		/			
How much tobacco each day?			Average daily alcohol consumption		
Have you ever taken illicit 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's Doctors, and the details sent to them by the examining Doctor.					
Date:					
Signature of Applicant:					

CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N
Speech:		Whisper test:	
Near Vision Right eye:	N/6	Near Vision Left eye:	N/6
Distant Vision Left eye:	6/6	Distant Vision Right eye:	6/6
Height: 172 cm	Weight: 82 kg	BMI: 27.7	BP: 130/80
			Pulse: 74
Body System/Organ	N	A	Abnormality if any
Eyes and pupils	/		
Ear/nose/throat	/		
Teeth and mouth	/		
Lungs and chest	/		
Cardiovascular	/		
Abdomen	/		
Hernial orifices	/		
Anus and rectum	/		
Genito-urinary	/		
Extremities	/		
Musculoskeletal	/		
Skin/varicose viens	/		
Neurological	/		
Mental fitness	/		
Breast	/		

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: RANJIT SINGH	Age: 41	Sex: M	Company: TRUCKMAN	GIN:
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Past Medical History:		Blood Group:
Allergies:		
Vaccination	Date of Initial Injection	Booster Due Date
Hepatitis A:		
Hepatitis B:		
Typhoid Fever		
Influenza		

Tests Results	
Audiogram:	NORMAL
DSU 5 Panel	NEGATIVE

ECG:	NORMAL
Chest X-Ray	

Blood Investigations:					
RBCs	5.61	4.20-5.35 X10 ¹² /L	SGOT	36.50	Male: 10-30 Female: 10-35 U/L
WBCs	5.74	4.0-11.0 X10 ⁹ /L	SGPT	58.70	Male: Up to 41 Female: 10-35 U/L
NEUTRO	51.30	37-72%	GGT	77.60	0-60 U/L
EOSINO	1.40	0-6%	FBS:	105.60	65-110 mg/dl
BASO	0.30	0-1%	CHOLESTEROL:	184	Up to 200 mg/dl
LYMPHO	39.90	10-50%	HDL	33	20-80 mg/dl
MONO	7.10	0-14%	LDL	-	Up to 130 mg/dl
HEMATOCRIT	53.60	37-51 FL	TRIGLYCERIDES	417	35-175 mg/dl
HEMOGLOBIN	17.70	Male: 13.5-18.0 Female: 11.5-15.0 g/dl	CREATININE	1.07	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	05	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID		Male: 3.6-7.7 mg/dl Female: 2.5-6.8 mg/dl

Urine Analysis			
Blood	NEGATIVE	Sugar	NEGATIVE
Albumin	NEGATIVE	Others	NORMAL

Stool Analysis			
Parasites	NIL	Blood:	NIL

Comments	Framingham Score - 2.0% Dyslipidemia - Started on treatment. Advised diets exercise
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Examining Physician:

Hospital/Clinic Seal



Schlumberger-Private



DEPARTMENT OF LABORATORY SERVICES

File No: 0348767
Name: RANJIT SINGH
Address:
Gender: M Age: 41 Y Nationality: INDIAN
GSM No.: 79401264 ID Card No.: 113744559
Doctor: DR. DIPALI JESRANI

Report No: 0471543
Sample Date: 08/07/2021 Time: 9:46
Received Date: 08/07/2021 Time: 9:46
Report Date: 08/07/2021 Time: 12:21
Bill No: 0994055 Bill Date: 08/07/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	105.60 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	05 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	1.07 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	5.74 $10^3/uL$	4.0-11.0 $\times 10^3/mm^3$
RBC	5.61 $10^6/uL$	4.20 - 6.30 $10^6/uL$
HGB	17.70 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	53.60 %	37.0 - 51.0 %
MCV	95.50 fL	80.0 - 97.0 fL
MCH	31.60 pg	26.0 - 32.0 pg
MCHC	33.00 g/dL	31.0 - 36.0 g/dL
RDW	11.90 %	11.0 - 14.5 %
NEUT#	2.94 $10^3/uL$	1.50 - 7.00 $10^3/uL$
LYMPH#	2.29 $10^3/uL$	0.60 - 4.10 $10^3/uL$
MONO#	0.41 $10^3/uL$	0.00 - 0.70 $10^3/uL$
EOS#	0.08 $10^3/uL$	0.00 - 0.40 $10^3/uL$
BASO#	0.02 $10^3/uL$	0.00 - 0.10 $10^3/uL$

Reported By:

Verified By:

ANANDH

Lab Technologist

Lab Technologist

Dr.Muhammad Azhar Imam

Specialist Pathologist

MOH License No: 19245

Printed at: 08/07/2021 12:22:00 PM

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Gender: M Age: 41 Y Nationality: INDIAN	Bill No: 0994055 Bill Date: 08/07/2021
GSM No.: 79401264 ID Card No.: 113744559	Company: TRUCK OMAN LLC
Doctor: DR. DIPALI JESRANI	

INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	51.30 %	37.0 - 72.0 %
LYMPH%	39.90 %	10.0 - 58.5 %
MONO%	7.10 %	0.0 - 14.0 %
EOS%	1.40 %	0.0 - 6.0 %
BASO%	0.30 %	0.0 - 1.0 %
PLATELET	187.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.46 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.08 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.38 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	36.50 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	58.70 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	100.80 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	8.20 g/dL	6.6 - 8.7 g/dL
Albumin	4.30 g/dL	3.4 - 4.8 g/dL
Globulin	3.9 g/dL	1.8 - 3.6 g/dL
GGT	77.60 U/L	0 - 50 U/L
A:G Ratio	1.102564	1.1-1.8
LIPID PROFILE		
Total Cholesterol	184 mg/dL	< 200 mg/dL
Triglyceride	417 mg/dL	<150 mg/dl

Reported By:

Verified By:

ANANDH

Lab Technologist

MOH License No: 19245

Printed at: 08/07/2021 12:22:00 PM



Dr. Muhammad Azhar Imam
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

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GSM No.: 79401264 ID Card No.: 113744559	Company: TRUCK OMAN LLC
Doctor: DR. DIPALI JESRANI	

INVESTIGATION	RESULT	REFERENCE RANGE
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HDL - CHOL	33 mg/dl	>45 mg/dl
LDL - CHOL	mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	5	Desirable < 4
URINE DRUG SCREEN		
Amphetamine (AMP)	Negative	Negative
Barbiturates (BAR)	Negative	Negative
Cocaine (COC)	Negative	Negative
Morphine (MOR)	Negative	Negative
Marijuana (THC)	Negative	Negative
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	30 ml	
Colour	Pale yellow	
Sp. Gravity	1.025	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Glucose	Negative	
Protein	Negative	
Ketones	Negative	
Blood	Negative	
Bilirubin	Negative	
Urobilinogen	Normal	
Nitrite	Negative	

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr. Muhammad Azhar Imam

Specialist Pathologist

MOH License No: 19245

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INVESTIGATION	RESULT	REFERENCE RANGE
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MICROSCOPIC

Pus Cell	2 - 4 Cells/hpf
RBC	NIL
Epithelial Cells	Few cells/hpf
Casts	NIL
Crystals	NIL
Others	NIL

STOOL ROUTINE ANALYSIS

PHYSICAL

Colour	Brownish
Consistency	Soft
Reaction	Alkaline

MICROSCOPIC

Ova:	NIL
Cyst:	NIL
Pus Cells:	1-2 Cells/hpf
RBCs	Nil Cells/hpf
Others	Nil

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr. Muhammad Azhar Imam

Specialist Pathologist

MOH License No: 19245

Printed at: 08/07/2021 12:22:00 PM

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NAME	: RANJIT SINGH	AGE	: 41 Y(10/03/1980)
GENDER	: Male	PATIENT ID	: 348767
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 10/07/2021 09:16 AM
CONSULTANT	: DR. DIPALI JESRANI	BILL NO	: 0994055
BILL DATE	: 08/07/2021		
TEST NAME	: CHEST PA		

RADIOGRAPH CHEST PA VIEW

OBSERVATION :

Trachea appears to be in mid line.

Bilateral lung fields appear clear. No mass lesion or opacification.

Bilateral costophrenic and cardiophrenic angles appear normal.

Bilateral hilum appears symmetrical and normal in size.

Cardiac silhouette appears within normal limits.

Bony thoracic appears normal.

No Soft tissue mass or calcification can be seen

IMPRESSION:

Normal chest radiograph

Please correlate clinically & other investigation.

Please note: This is a imaging study and has its own limitations. This is a opinion based on image interpretation and it is not a diagnose on itself. Impression should be considered as professional opinion & correlated with clinical evidence, reconfirmed by further investigations and relevant data as indicated. If possible the findings should be reconfirmed on higher resolution imaging, special sections and sequences and with other modalities.

DR. WASSAN A KHUDHAIR AL SAEDI

DR. WASSAN A KHUDHAIR AL SAEDI
SPECIALIST - RADIOLOGIST
MUSCAT
Apollo Hospital Muscat

<http://apollosrv/Radiology/DiagnosisReport.aspx?action=ViewVisitSummary&fig=0&vis...> 10/07/2021

Id:

08/07/2021 12:30:49

Unknown --- (---) Unknown

Height: 0 cm Weight: 0 kg BP: 0/0 mmHg

Med.:

Tech:

Note:

HR: 61 bpm

PR: 164 ms

QRS: 94 ms

QT/QTc: 402/404 ms

QTcB: 405 ms

QTcF: 404 ms

Rin/Sin: 2.41/1.77 mV

Sak-Lyon: 4.17 mV

Axis: 59/18/25°

08/07/2021 @ 12.35pm.
Mr. Rajit Singh Aylm
File Num: 348767.



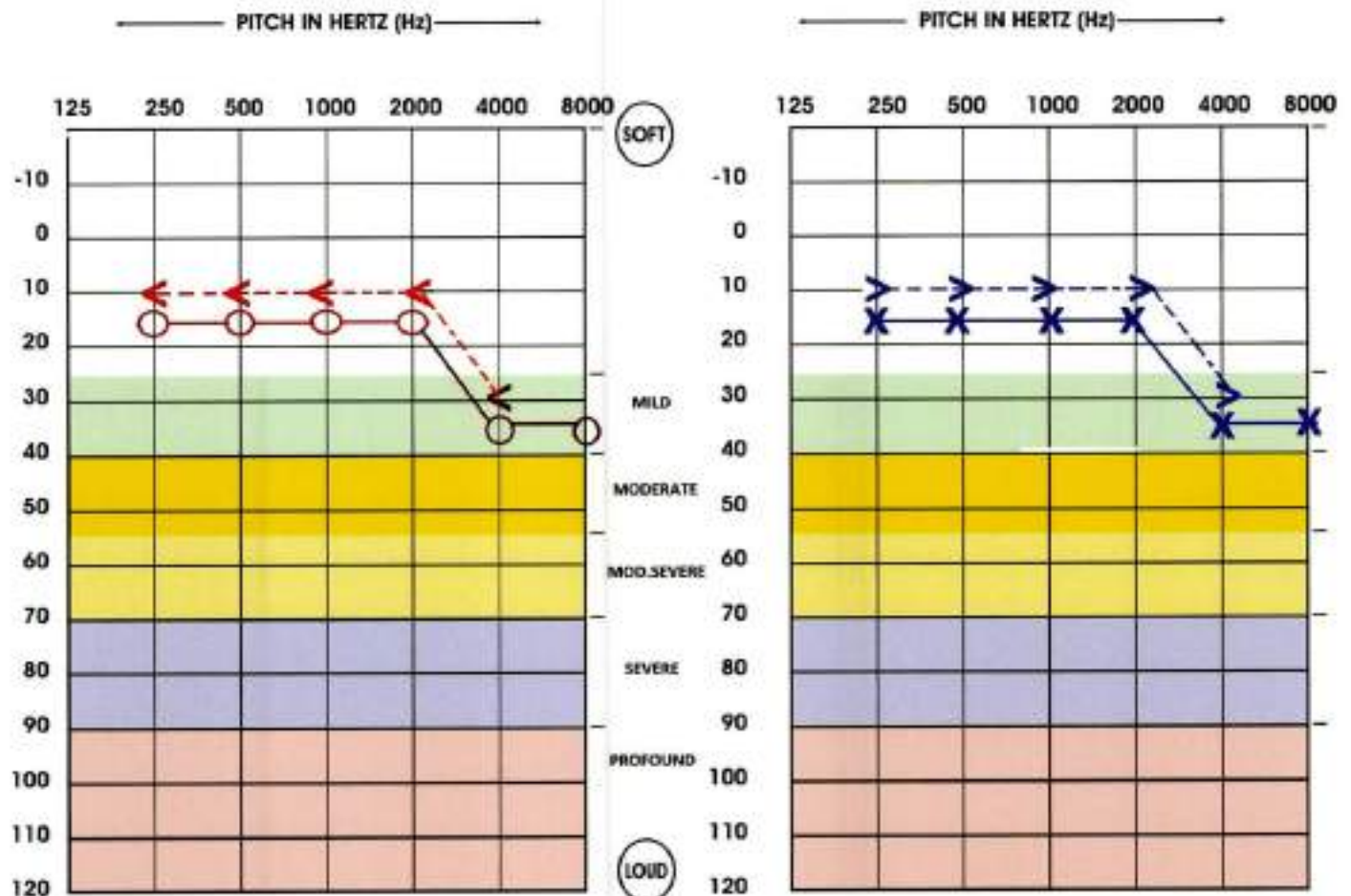
AUDIOGRAM EXAMINATION SHEET

FILE NO : 948767 BILL NO : DATE : 8/7/21

NAME : RANJIT SINGH AGE / SEX 41/M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER					

						SPECIAL TESTS			
dBHL	PTA	SRT	SIS(%)	MCL	UCL	SISI	TDT	MLB/BLB	OAE
RIGHT	15								
LEFT	15								

INTERPRETATION :

HEARING SENSITIVITY WITHIN NORMAL LIMITS WITH HIGH FREQUENCY SLOPING

RECOMMENDATION :

USE EAR PROTECTIVE DEVICES (EAR PLUGS)



SIKKU SOMAN
AUDIOLOGIST
MDH Licence No. 18998
Apollo Hospital Muscat
AUDIOLOGIST

Fitness to Work Certificate for drivers

Employee Data		Date 8/7/21	
Name Ranjit Singh		Department/Company	
I.D No.	Age 41	Occupation	
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			
DR. Kafil Name of health advisor		8/7/21 Date	



