

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE
Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)		PHYSICAL EXAMINATION										
N	A											
☒		1. Eyes & Pupils										
☒		2. E.N.T.										
☒		3. Teeth & Mouth										
☒		4. Lungs & Chest										
☒		5. Cardiovascular System										
☒		6. Abdo. Viscera										
☒		7. Hemial 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	HEARING	VISION				Colour Vision	Blood Group	
178	89	28.16	117/65	78 /min.	L R	DISTANT R L	NEAR R L					
						Uncorrected	Corrected					
☒		1. Urinalysis				LABORATORY AND OTHER SPECIAL INVESTIGATIONS				☒	A	1. Audiogram
☒		2. Hb, Bloodcount, ESR								☒	A	8. Lung Function
☒		3. LFT, RFT, RBG								☒	A	9. Chest X-Ray
☒		4. Drug Screen									A	10. ECG
☒		5. Lipids (40 years +)									A	11. CVS risk for 40 yrs. & above
☒		6. Sickle Cell test									A	12. HIV, Hepatitis screening
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)												
ASSESSMENT:												
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT												
Date: 18/12/2021	Name (Block Capital): CAPTAIN [Signature]				Signature: [Signature]				[Stamp: The Sultan's Hospital, Muscat, Oman, License No. 12345, General Practitioner]			
REVIEW/CONSULTATION												
Date:	Name (Block Capital): [Signature]				Signature:							

Fitness to Work Certificate

Employee Data		Date <u>18/12/2022</u>	
Name <u>Zaher Fayyaz</u>		Department/Company <u>T.O.</u>	
LD No. <u>819581551</u>	Age <u>37</u>	Occupation	
Type of Medical Evaluation		Mark those applying ✓	
A1 Aircraft refuelling		A6 Fire / Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	
A3 Business traveller		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		☒	
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)			
Temporary Unfit until			
Permanently Unfit			
Name of health advisor <u>Dr. Al-Khair</u>	Signature	Date <u>18/12/2022</u>	Date



Epworth Screening Quest. for Sleep Apnoea

Employee Data		Date:	18/12/2021
Name:	Zahoor Fayyaz	Department/Company:	To
I, D No.	9158153	Tel #	97765353
		Occupation:	

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

<u> 1 </u>	sitting and reading
<u> 1 </u>	watching TV
<u> 1 </u>	sitting inactive in a public place (e.g. theatre or meeting)
<u> 1 </u>	as a passenger in the car for an hour without a break
<u> 1 </u>	Lying down to rest in the afternoon when circumstances permit
<u> 1 </u>	Sitting and talking with someone
<u> 1 </u>	Sitting quietly after lunch without alcohol
<u> 1 </u>	In a car, while stopped for a few minutes in traffic
Total	<u> 1 </u>

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, Zahoor Fayyaz (Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: Zahoor Fayyaz Date: 18/12/2021

(Note: A blue circular stamp is visible over the signature area, containing text: "OMAR AL-KHAYRI HOSPITAL LLC", "MEDICAL DEPARTMENT", "C.E. NO. 101/2018", "DATE OF EXPIRATION: 31/12/2021", "Dr. Zahoor Fayyaz")

DEPARTMENT OF LABORATORY MEDICINE

File No: 0179817	Report No: 0641993
Name: ZAHEER FAYYAZ	Sample Date: 18/12/2022 Time: 9:00
Address:	Received By: JIBI
Gender: M Age: 37 Y Nationality: PAKISTANI	Received Date: 18/12/2022 Time: 9:03
GSM No.: 97765353 ID Card No.: 81958163	Report Date: 18/12/2022 Time: 10:07
Ref. By: EXTERNAL DOCTOR	Bill No: 0655988 Bill Date: 18/12/2022
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP BELOW 40 (Truckoman)		
FBS (FASTING BLOOD SUGAR)	5.30 mmol/L	3.9 - 6.1
Method :- Hexokinase	95.4 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	3.49 mmol/L	1 - 5.1
Method:-Enzymatic	134.92 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	0.856 mmol/L	0.777 - 1.813
Method:-Enzymatic	33.09 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	1.63 mmol/L	1.295 - 4.54
Method:-Calculation	62.89 mg/dl	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	1.01 mmol/L	0.259 - 1.036
Method:-Calculation	38.94 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	4.08	3.8 - 5.9
Method:-Calculation		
TRIGLYCERIDES	2.20 mmol/L	0.564 - 2.146
Method : Enzymatic	194.7 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.896 mg/dL	0.1 - 1
Method : Diazo	15.32 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.410 mg/dL	0.1 - 0.5
Method : Diazo	7.01 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	17.70 U/L	Male: up to 40.0 Female: up to 32.0
SGPT (ALT)-SERUM (IFCC)	23.00 U/L	Male: 10-50 Female: 10-35

Processed By:

JIBI

Lab Technologist

MOH LIC No: 4384

Approved By:

JIBI

Lab Technologist

Released By:

JIBI

Lab Technologist

MOH LIC No: 4384

DR. SHAYFA P

Specialist Pathologist

MOH LIC NO:13475

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Page 1 of 4

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DEPARTMENT OF LABORATORY MEDICINE

File No: 0179817
Name: ZAHEER FAYYAZ

Address:

Gender: M Age: 37 Y Nationality: PAKISTANI
GSM No.: 97765353 ID Card No.: 81958153
Ref. By: EXTERNAL DOCTOR

Report No: 0641993
Sample Date: 18/12/2022 Time: 9:00
Received By: JIBI
Received Date: 18/12/2022 Time: 9:03
Report Date: 18/12/2022 Time: 10:07
Bill No: 0855988 Bill Date: 18/12/2022
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	84.10 U/L	Adult : Men -40-129 :Female 35-104 Children:(Aged) 7months - 1Year :- <462 1Year - 3 Years :- <281 4 Years - 6 Years :- <269 7 Years - 12 Years :- <300 13 Years - 17 Years(M) :-<390 13 Years - 17 Years(F) :- <187
TOTAL PROTEIN-SERUM(Colorimetric Assay)	7.69 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	4.46 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	3.23 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.38	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	41.83 U/L	Men : 8-61 Female : 5-36
Method :-Enzymatic Assay		
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	3.50 mmol/L	1.7 - 8.3
Method : Kinetic Assay	21.02 mg/dL	10.2 - 49.8
CREATININE - SERUM	67.18 µmol/L	44.2 - 123.7
Method :-Jaffé Method	0.76 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	5290 cells/cumm	4000 - 11000 cells/cumm
Method :-Fluorescence Flow Cytometry		
DC (DIFFERENTIAL COUNT)		
Method :-Fluorescence Flow Cytometry		
NEUTROPHILS	50.4 %	40-75%

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LAB TECHNICIAN
Lab Technologist
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Page 2 of 4

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Ref. By: EXTERNAL DOCTOR	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
LYMPHOCYTES	36.9 %	20-45%
EOSINOPHILS	2.1 %	2-6 %
MONOCYTES	9.8 %	2-8 %
BASOPHILS	0.8 %	0-1%
HB (HEMOGLOBIN)	15.8 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
Method : -Cyanide-free SLS haemoglobin		
TOTAL RBC COUNT	5.90 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
Method : - Hydrodynamically focussed impedance		
PLATELET COUNT	1.98 lakhs/cumm	1.0 - 4.0 lakhs / cumm
Method : - Hydrodynamically focussed impedance		
PCV (PACKED CELL VOLUME)	48.80 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	82.70 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	26.80 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	32.40 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr

Capillary Photometry Technology

Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test.

SICKLE CELL NEGATIVE

Method : -Haemoglobin solubility test

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Page 3 of 4

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	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE ROUTINE		
URINE BIOCHEMISTRY		
Method :- Colorimetric Assay		
GLUCOSE	NIL	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	0-2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

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Page 4 of 4

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X-RAY REPORT

Doc No:	0066556		
Name:	ZAHEER FAYYAZ		
Age/DOB:	37 Y	ID Card No	81958153
Sex:	Male		
Referred By:	EXTERNAL DOCTOR		
Clinical Diagnosis:			
X-Ray/UltraSound	CHEST X-RAY		
Date:	18/12/2022		
X-Ray Film No:	PDO		
Bill No:	0855988		
Charge Sheet No:			

Both lung fields are normal

Both cp angles are clear

Mediastinal shadow and bony thorax are normal

Cardiac configuration is within normal limits

Conclusion: A normal X-ray appearance

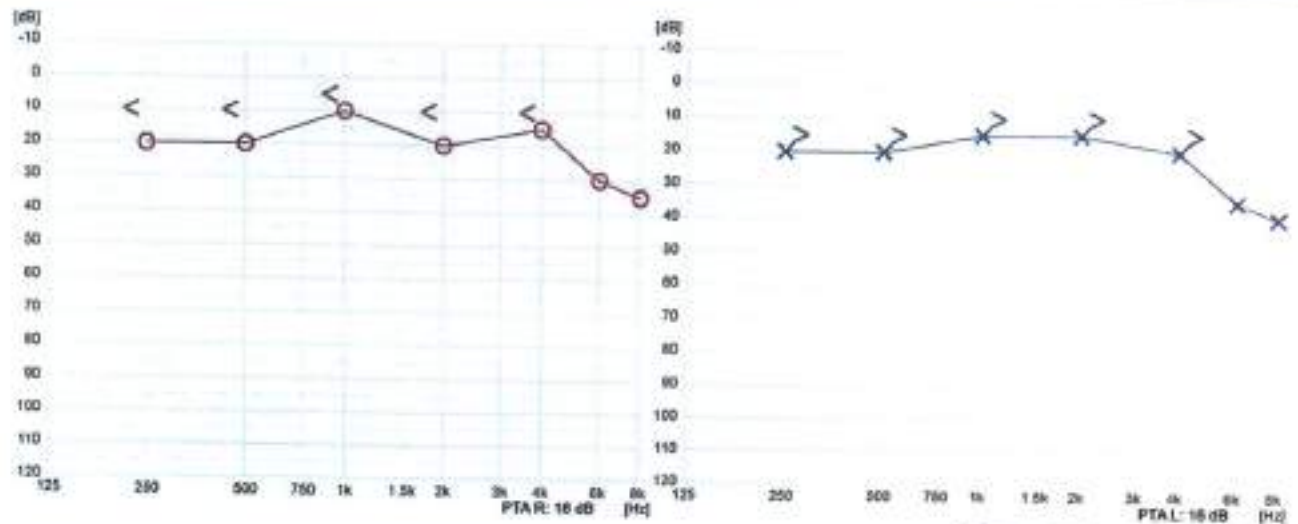
Signature: 

DR. NITHINMON CU
SPECIALIST RADIOLOGY
MOH Licence: 21068
ASTER HOSPITAL IBRI



SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 0855988	Last name , First name ZAHEER , FAYYAZ	Born: 18.12.2022
Test type Tonal audiometry	Test date: 18.12.2022	



Legend	R	L
Air	○	×
AirMasked	△	□
Bone	<	>
BoneMasked	[	]
MCL	M	M
UCL	m	m
Free Field	⊗	⊗
Free FieldAided	A	A
Sinusoidal		B
No response		I

PTA

Right: 16dBHL

Left: 16dBHL

Comments
BILATERAL MINIMAL HEARING LOSS

Signature:

Handled by: Hadera Binodan, 18/12/2022 - www.hederabioelectronics.com



Date: 18/12/2022