

Medical Fitness Certificate

Name of the Examined employee: QAISAR MEHMOOD

Age: 39

ID NUMBER:

Job Title:

Date of Medical Examination: 19.08.2021

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



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name:	Qaisar Mehmood	
		GIN #	6911	
Place of examination	Date	Mobile #	79342842	
Apollo Hospital	19/8/2021			
Age: 39	Nationality: Pakistani	Blood Group		
☒ Male ☐ Female	☐ Married ☐ Single ☐ Separated / Divorced	Number of children:		
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)				
	Y	N		Y
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?	Nil		Average daily alcohol consumption	Nil
Have you ever taken illicit drugs? ()				
FAMILY HISTORY: Diabetes ☒ Tuberculosis ☒ Epilepsy ☒ Asthma ☒ Eczema ☒ Heart disease ☒ High blood pressure ☒ Stroke ☒ Blood Diseases ☒ 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: 19/8/2021				
Signature of Applicant: Qaisar				

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.	Weight:	76.
		BMI:	25.7.
		BP:	120/90.
		Pulse:	54/mts
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 veins	✓		
Neurological	✓		
Mental fitness	✓		
Breast			

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: <u>Qaisa Mehmood</u>	Age: <u>39</u>	Sex: <u>M</u>	Company	GIN
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Past Medical History:	Blood Group
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Allergies:		
Vaccination	Date of Initial Injection	Booster Due Date
Hepatitis A:		
Hepatitis B:		
Typhoid Fever		
Influenza		

Tests Results	
Audiogram:	<u>Normal</u>
DSU 5 Panel	<u>Normal</u>

ECG:	<u>WNL</u>
Chest X-Ray	<u>WNL</u>

Blood Investigations:					
RBCs	<u>5.90</u>	4.20-6.30 x10 ⁶ /UL	SGOT	<u>21.00</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>9.74</u>	4.0-11.0 x10 ³ /UL	SGPT	<u>27.40</u>	Male: Up to 41 Female: 10-35 U/L
NEUTRO	<u>44.50</u>	37-72%	GGT	<u>6.80</u>	0-50 U/L
EOSINO	<u>6.30</u>	0-6%	FBS:	<u>86.90</u>	60-110 mg/dl
BASO	<u>0.50</u>	0-1%	CHOLESTEROL:	<u>175.00</u>	Up to 200 mg/dl
LYMPHO	<u>39.90</u>	10-50%	HDL	<u>46.80</u>	20-60 mg/dl
MONO	<u>8.80</u>	0-14%	LDL	<u>111.32</u>	Up to 130 mg/dl
HEMATOCRIT	<u>53.50</u>	37-51%	TRIGLYCERIDES	<u>85.40</u>	35-175 mg/dl
HEMOGLOBIN	<u>18.00</u>	Male: 13.5-18.0 Female: 11.5-16.0 g/dl	CREATININE	<u>0.98</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.8 mg/dl
ESR	<u>07</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID		Male: 3.6-7.7 mg/dl Female: 2.6-6.0 mg/dl

Urine Analysis			
Blood	<u>NEGATIVE</u>	Sugar	<u>NEGATIVE</u>
Albumin	<u>NEGATIVE</u>	Others	<u>NORMAL</u>

Stool Analysis			
Parasites	<u>NIL</u>	Blood:	<u>NIL</u>

Comments	<u>HLP, Adv. LCM & repeat FLP after 3 months</u>
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Examining Physician: Dr. Rehmat Mansoor Solanki
 MEDICAL OFFICER
 MOH Licence No. 14330
 APOLLO HOSPITAL MUSCAT

Hospital/Clinic Seal



DEPARTMENT OF LABORATORY SERVICES

File No: 0351511
Name: QAISAR MEHMOOD

Address:
Gender: M **Age:** 39 Y **Nationality:** PAKISTANI
GSM No.: 79342842 **ID Card No.:** 76424019
Doctor: DR.MUHAMMAD SAUD SHERZAMAN

Report No: 0476410
Sample Date: 19/08/2021 **Time:** 11:09
Received Date: 19/08/2021 **Time:** 11:09
Report Date: 19/08/2021 **Time:** 12:40
Bill No: 1004444 **Bill Date:** 19/08/2021
Company: TRUCK OMAN LLC

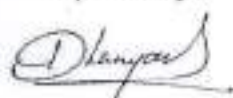
INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN ROUTINE MEDICAL CHECK UP

Fasting Blood Glucose	86.90 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	07 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.98 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
CBC		
WBC COUNT	9.74 $10^3/uL$	4.0-11.0 $\times 10^3/mm^3$
RBC	5.90 $10^6/uL$	4.20 - 6.30 $10^6/uL$
HGB	18.00 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	53.50 %	37.0 - 51.0 %
MCV	90.70 fL	80.0 - 97.0 fL
MCH	30.50 pg	26.0 - 32.0 pg
MCHC	33.60 g/dL	31.0 - 36.0 g/dL
RDW	12.40 %	11.0 - 14.5 %
NEUT#	4.33 $10^3/uL$	1.50 - 7.00 $10^3/uL$
LYMPH#	3.89 $10^3/uL$	0.60 - 4.10 $10^3/uL$
MONO#	0.86 $10^3/uL$	0.00 - 0.70 $10^3/uL$
EOS#	0.61 $10^3/uL$	0.00 - 0.40 $10^3/uL$
BASO#	0.05 $10^3/uL$	0.00 - 0.10 $10^3/uL$
NEUT%	44.50 %	37.0 - 72.0 %

Reported By:

Verified By:




DHANYA

Lab Technologist

Lab Technologist

Dr.Muhammad Azhar Imam
Specialist Pathologist

MOH License No: 7129

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DEPARTMENT OF LABORATORY SERVICES

File No: 0351511	Report No: 0476410
Name: QAISAR MEHMOOD	Sample Date: 19/08/2021 Time: 11:09
Address:	Received Date: 19/08/2021 Time: 11:09
Gender: M Age: 39 Y Nationality: PAKISTANI	Report Date: 19/08/2021 Time: 12:40
GSM No.: 79342842 ID Card No.: 76424019	Bill No: 1004444 Bill Date: 19/08/2021
Doctor: DR.MUHAMMAD SAUD SHERZAMAN	Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
Pus Cells:	0-1 Cells/hpf	
RBCs	Nil Cells/hpf	
Others	Nil	

Reported By:



DHANYA

Lab Technologist

Verified By:



Dr.Muhammad Azhar Imam
Specialist Pathologist

Lab Technologist

MOH License No: 7129

Printed at: 19/08/2021 12:40:40 PM

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UJ51511
39 Years

qaiser mehmood
Male

19-Aug-21 12:01:23 PM
APOLLO HOSPITAL



Rate 53

PR 136

QRS 97

QT 435

QTc 409

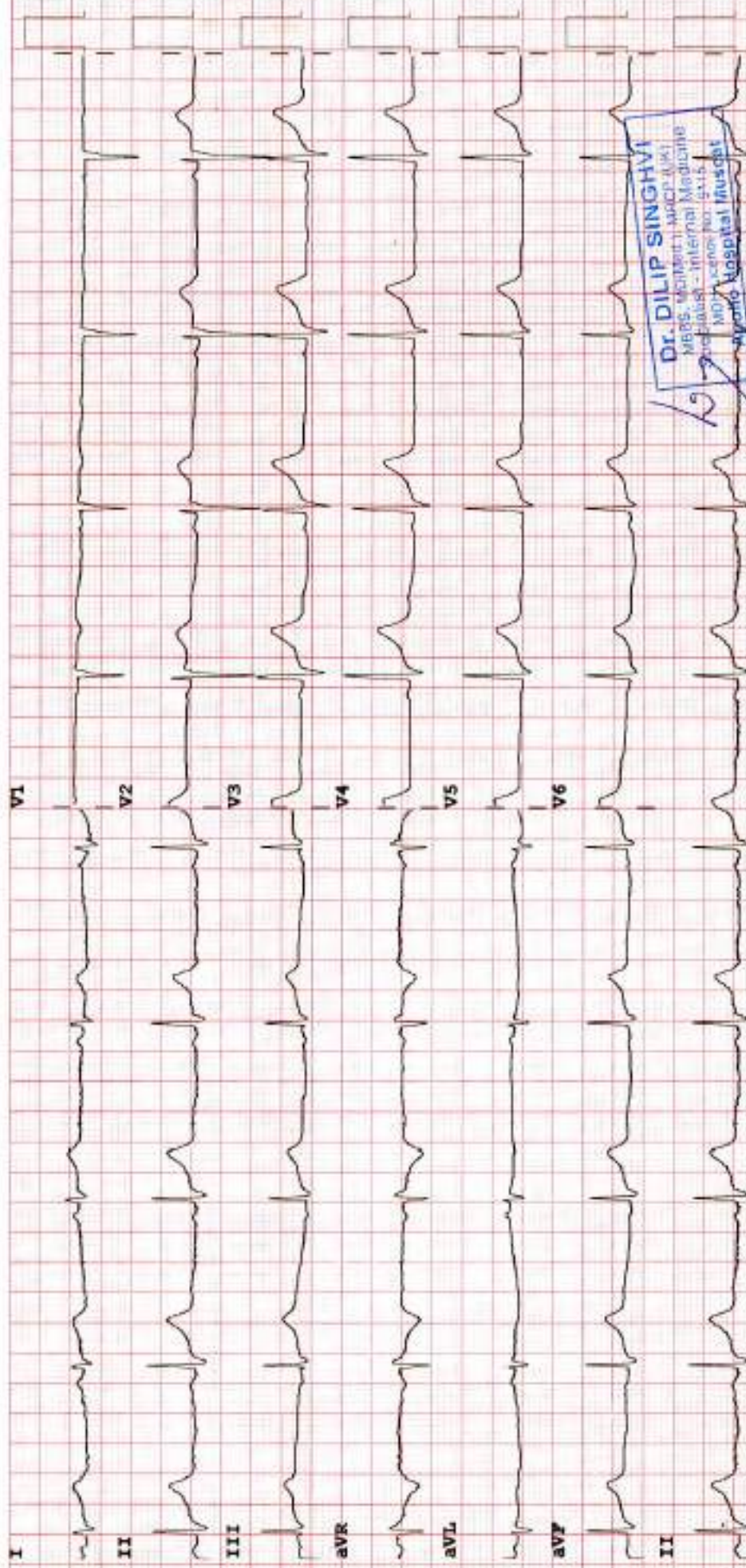
--AXIS--

P 10

QRS 69

T 65

12 Lead; Standard Placement



Dr. DILIP SINGHVI
MBBS, MRCGP, MRCP (UK)
Specialist - Internal Medicine
MOU, Apollo Hospital Muscat

Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

60~ 0.15-100 Hz

100B

CL

PP

PHILIPS

REORDER # 16403A

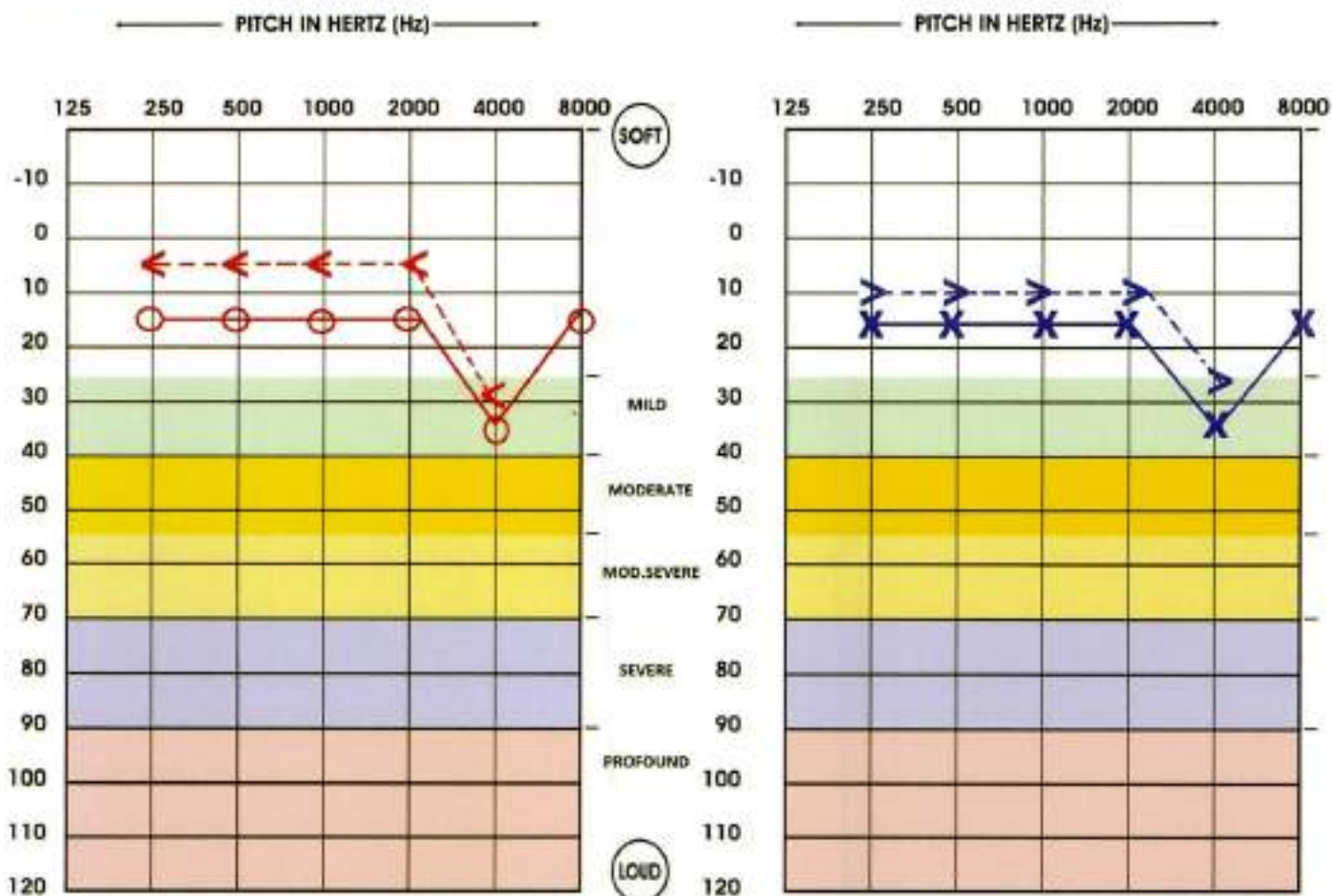
AUDIOGRAM EXAMINATION SHEET

FILE NO: 0351511 BILL NO: DATE: 19/8/2021

NAME: BAISAR MEHMOOD AGE / SEX: 39/M

COMPANY: TRUCK OMAN DOB:

CONSULTANT (REF):



WEBER					

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

INTERPRETATION :

HEARING SENSITIVITY WITHIN NORMAL LIMITS WITH A DIP AT 4KHz (NH)

RECOMMENDATION :
USE EAR PROTECTIVE DEVICES(EAR PLUGS)

BAISAR MEHMOOD
AUDIOLOGIST
MCH Licence No. 19998
Apollo Hospital Muscat

AUDIOLOGIST

NAME	: QAISAR MEHMOOD	AGE	: 39 Y(19/12/1981)
GENDER	: Male	PATIENT ID	: 351511
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 21/08/2021 10:48 AM
CONSULTANT	: DR. MUHAMMAD SAUD SHERZAMAN	BILL NO	: 1004444
BILL DATE	: 19/08/2021		
TEST NAME	: CHEST PA		

X-RAY CHEST PA VIEW

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

Trachea is mid line.

Bilateral hilar shadows are symmetrical and normal in size .

Cardiac silhouette is normal. No signs suggestive of cardiac enlargement .

Bony thoracic cage appears normal.

No Soft tissue mass or calcification can be seen

Bilateral costophrenic angles are clear.

IMPRESSION:

- Normal radiograph of the chest.

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 diagnosis 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 ABDUL REHMAN
SPECIALIST - RADIOLOGIST
MOH Licence No.: 14883
Apollo Hospital Muscat

DR. WASSAN A KHUDHAIR AL SAEDI

<http://apollosrv/Radiology/DiagnosisReport.aspx?action=ViewVisitSummary&flg=0&vis...> 21/08/2021

م.ت: ١٧٩٢٥١٧, ص.ب: ١٠٩٧, الحاضرة الرمز البريدي: ١٣١, سلطنة عمان, هاتف: ٢٤٧٨٧٧٦٦ (+٩٦٨) فاكس: ٢٤٧٠٠٠٩٣ (+٩٦٨) البريد الإلكتروني: info@apollomuscat.com
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رقم التسجيل الضريبي: VATIN OM1100036100

رقم الطبقة الضريبية: Tax Card No. : 8251325

