



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

N = Normal A = Abnormal (please describe)

PHYSICAL EXAMINATION

HEIGHT cm		WEIGHT kg	BMI	B.P.	PULSE /mins.	HEARING L R	VISION DISTANT NEAR		Colour Vision	Blood Group
187		76	21.7	128 75	75	N	Uncorrected Corrected	R L 6/6 6/6	✓	
N	A	LABORATORY AND OTHER								

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

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

Date 26/5/2022 Name (Block Capitals): Dr. / Nurse

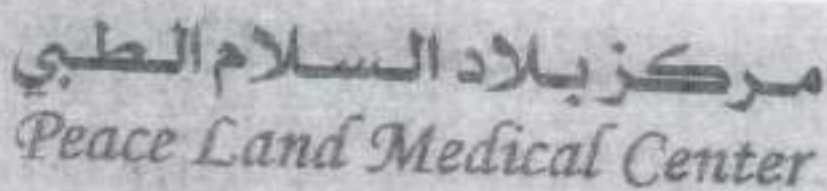
Signature _____

REVIEW/CONSULTATION

Date: _____ Name (Block Capitals): Dr. / Nurse _____

Signature: _____





Epworth Screening Questionnaire for Sleep Apnoea

Employee	MUHAMMAD ABDULLAH SALEH ALALI 33 Y(M) <i>Blank</i> 25.05/22 08:21	Date:	25/5/22
Name:	0031127	Department/Company:	Toukoman
I.D No.	08238 Bin 0030487	Occupation:	Driver

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

☐ sitting and reading

☐ watching TV

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

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

☐ Lying down to rest in the afternoon when circumstances permit

☐ Sitting & talking with someone

☐ Sitting quietly after lunch without alcohol

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

Total

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

Signature: [Signature] Date: 26/5/2022



Peace Land Medical Center
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower
Sultanate of Oman
Tel: 24617117/24617148/24617149

LAB RESULT

Name:	MOHAMMED ABDULLAH SALEH ALALWI	Doc No:	0020640
Age:	33 Y Nationality: OMANI	File No:	0031127
Gender:	M	Bill No:	0036487
Ref. By:	ABDULRAHMAN ABDULLATEIF ABDULRAHMAN ZEINELDEEN	Date:	25/05/2022
GSM No.:	95114693	Time:	12:24

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP BELOW 40 YRS		
COMPLITE BLOOD COUNT		
RBC	5.7 10 ¹² /l	Male 4.38 - 5.78 10 ¹² /l Female 4.0 - 5.0 10 ¹² /l
HAEMOGLOBIN	13.4 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	40.2 %	Male 39.30 - 50.00 % Female 37 - 47 %
MCV	70 fl	84-94 fl
MCH	23.2 pg	27 - 33 pg
MCHC	33.2 g/dl	29.6 - 35.6 %
WBC COUNT	9.9 10 ⁹ d/l	5.0 - 11.0 10 ⁹ /l
DIFFERENTIAL COUNT		
NEUTROPHIL	60 %	40-75 %
LYMPHOCYTE	35 %	20-45 %
EOSINOPHIL	02 %	1-6 %
MONOCYTE	03 %	2-8%
BASOPHIL	00 %	0-1%
ESR	-	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	265 10 ⁹ /l	156 - 342 10 ⁹ /l
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	79 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.52 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	14.7 U/L	0 - 35.0 U/L



Medical Technologist

**Peace Land Medical Center**

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Age: 33 Y **Nationality:** OMANI
Gender: M
Ref. By: ABDULRAHMAN ABDULLATEIF ABDULRAHMAN ZEINELDEEN
GSM No.: 95114693

Doc No: 0020640
File No: 0031127
Bill No: 0036487
Date: 25/05/2022
Time: 12:24

Test	Result	Normal Range
S.G.P.T.	20.8 U/L	10 - 45 U/L
GGT	17.9 U/L	0 - 55.0 U/L
ALBUMIN	4.0 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	7.7 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.18 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	21.8 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.89 mg/dl	0.70 - 1.30 mg/dl
S.URIC ACID	6.6 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	157 mg/dl	0.0 - 200 mg/dl
Triglyceride	113.0 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	47.9 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	86.5 mg/dl	< 100 mg/dl
VLDL	22.6 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	97.0 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.010	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	



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Gender: M Bill No: 0036487
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ZEINELDEEN Date: 25/05/2022
GSM No.: 95114693 Time: 12:24

Test	Result	Normal Range
Ketones	Negative	
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	1-2	
EPITHELIAL CELLS	0-1	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	



Medical Technologist



مركز بلاد السلام الطبي Peace Land Medical Center

MOHAMMED ABULLAH SALEH ALALI
33 Y(M) «Sibelmed» 25.05.22 08:21



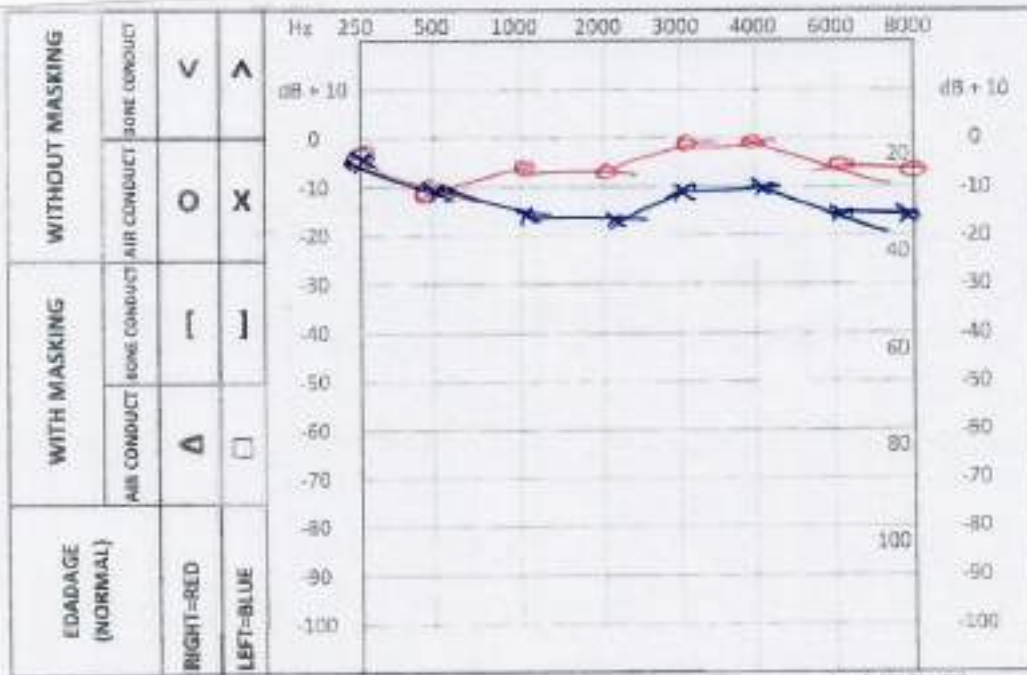
0031127

Bill #

0030487

AUDIOMETRY TEST REPORT

COMPANY	Truckman
OCCUPATION	Driver
DATE	25/5/22



Sibelmed

INTERPRETATION

- X LEFT EAR
- O RIGHT EAR

RESULT

- ☒ NORMAL
- ☐ HEARING LOSS
- ☐ RIGHT
- ☐ LEFT



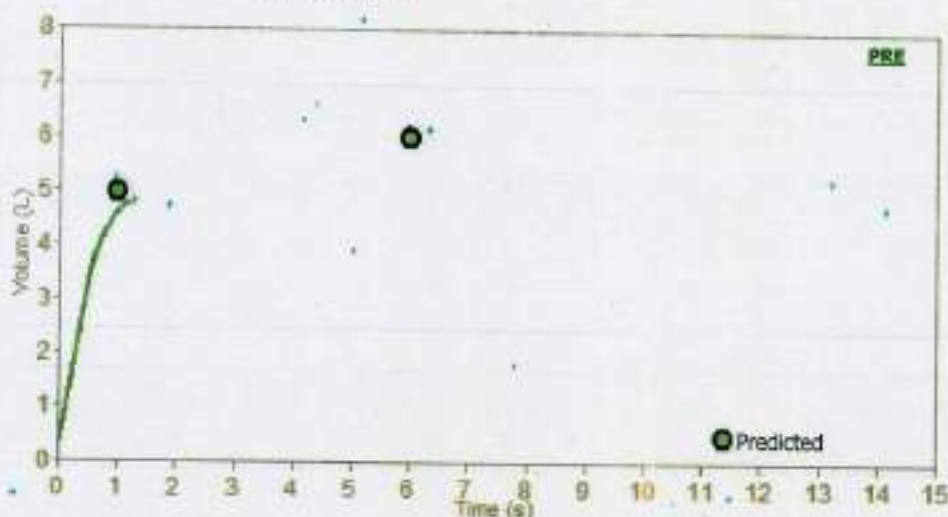
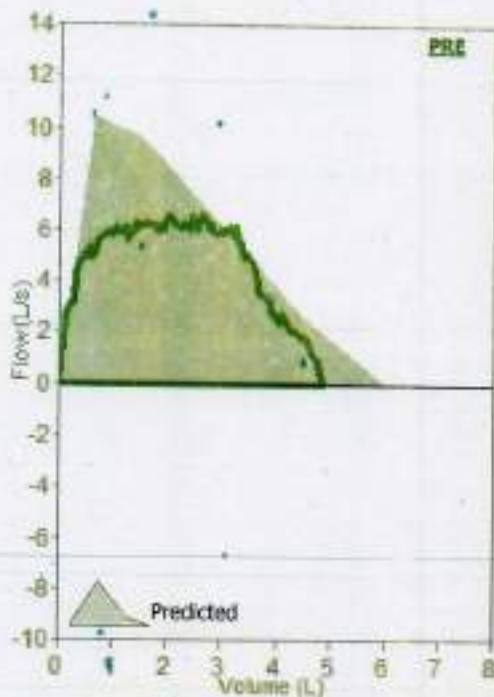
Pulmonary Function Test Results

Visit date 25/05/2022

Patient code 21498262

Surname AL ALAWI
Name MOHAMMED ABDU
Date of birth 03/04/1989
Ethnic group Not defined
Smoke
Patient group

Age 33
Gender Male
Height, cm 187
Weight, kg 76
BMI 21.73
Pack-Year



Quality Control Grade: F
0 Acceptable trials

Interpretation
Normal Spirometry

PRE Trial date 25/05/2022 08:28:18

Parameters	LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	4.97	6.02	4.85*	81	-1.83	4.85		*		
FEV1	L	4.09	4.96	4.63*	93	-0.62	4.63		*		
FEV1/FVC	%	72.0	82.2	95.5*	116	2.15	95.5		*		
PEF	L/s	7.01	10.43	6.81*	65	-1.74	6.81		*		
ELA	Years		33	44	133		44				
FEF2575	L/s	3.33	5.11	5.98	117	0.80	5.98				
FET	s		6.00	1.31	22		1.31				
FVC	L	4.97	6.02								
FEV1/VC	%	72.0	82.2								

*Best values from all loops - BTPS 1.092 25 °C (77 °F) - Predicted Knudson

Conclusion / Medical report

Signature



Instrument used
Minispir S S/N C11507
Last calibration check 01/11/2021 09:35:10



مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date 26/5/2022	
Name MOHAMMED ABDULLAH		Department/Company TO	
I.D No. 21498262		Occupation Driver	
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	FIT
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		26/5/2022	
Permanently Unfit		Date	
Name of health advisor Signature			

