

Medical Fitness Certificate

Name of the Examined : Mr. MUHAMMED YASAR MOHAMED ALTAF
Age : 33 yrs/M
ID Number : ALNILE -6664
Date of medical Examination : 25/01/2026
Examining physician : Dr. ALI MOHAMMED GHASSAH
Hospital : AL NILE HOSPITAL

Assessment Result

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

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 geo market 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

life style modification - increase physical activity
weight reduction

Examining physician stamp and signature


Dr. Ali Mohammed Ghassah
Examination Date: 25/01/2026





CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	MUHAMMAD YASAR MOHAMED ALFAT		
		GIN:			
Place of examination	Date	Mobile:	91828786		
Al Nile Hospital	25/01/26				
Age: 33	Nationality: PAKISTAN	Blood Group	B POSITIVE		
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: NIL			
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-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 / ARMPIT		☒			
HOW MUCH TOBACCO EACH DAY?	10/day		AVERAGE DAILY ALCOHOL CONSUMPTION	NIL	
HAVE YOU EVER TAKEN ELICITED DRUGS ? ()					
FAMILY HISTORY: DIABETES () TUBERCULOSIS () EPILEPSY () ASTHMA () ECZEMA () HEART DISEASE () HIGH BLOOD PRESSURE () STROKE () BLOOD DISEASE () CANCER ()					
NIL					
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: 25/1/26					
SIGNATURE OF APPLICANT:					





VISUAL FIELDS:		Normal		COLOR VISION:	Normal
SPEECH:		Normal		SHISPER TEST:	
NEAR VISION RIGHT EYE:		Normal		NEAR VISION LEFT EYE:	Normal
DISTANT VISION LEFT EYE:		Normal		DISTANT VISION RIHT EYE:	Normal
HEIGHT: 177.4	WEIGHT: 95kg	BMI: 30	BP: 112/72	PULSE: 73	
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				

Signature
Dr. [Signature]
25/01/2023





CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME :	AGE	SEX	COMPANY	GIN
Muhammad YUSRIH muhamad	334	M	TRUCK OMAN	

PAST MEDICAL HISTORY No PMH	BLOOD GROUP B + Positive
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ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

	TESTS RESULTS
AUDIOGRAM :	Normal
DSU 5 PANEL	

[illegible]

BLOOD INVESTIGATIONS					
RBCS	N	4.20-6.30*10 ⁶ /UL	SGOT	33	MALE:10-50 FEMALE :10-35U/L
WBCS	N	4.0-11.0*10 ³ /UL	SGPT	48	MALE:UP TO 41 FEMALE :10-35U/L
NEUTRO	N	37-72%	GGT	37.8	0-50/UL
EOSINO	N	0-6%	FBS:	4.4	60-110 MG/DL
BAZO	N	0-1%	CHOLESTEROL	231	UP TO 200 MG/DL
LYMPHO	N	10-58%	HDL	29	20-60 MG/DL
MONO	N	0-14%	LDL	169	UP TO 130 MG/DL
HEMATOCRIT	N	37-51%	TRIGLYCERIDES	N	35-175 MG /DL
HEMOGLOBIN	N	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	N	MALE:0.7-1.2 MG/DL FEMALE :0.5-0.9MG/DL
ESR	N	MALE: 0-10 MM/HR FEMALE :0-20 MM/HR	URIC ACID	7.1	MALE: 3.6-7.7 MG /DL FEMALE :2.5-6.8 MG /DL

URINE ANALYSIS			
BLOOD	N_0	SUGAR	N_0
ALBUMIN	N_0	OTHERS	N_0
STOOL ANALYSIS			
PARASITES	N_0	BLOOD	N_0

COMMENTS	with DLA - weight reduction
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EXAMINING PHYSICIAN

A handwritten signature in blue ink is written over a medical form. The form contains the text "EXAMINING PHYSICIAN" and "DATE". The signature is written in a cursive style.

by food:
increase
physical
activity



Al Nile Hospital
مستشفى النيل

Patient Name :
Mr. Mohammed Yassar Mohammed Altaf
Mobile No. : 91826798
DOB & Gender : 26/04/1992/Male
Registration Date : 25-01-2026



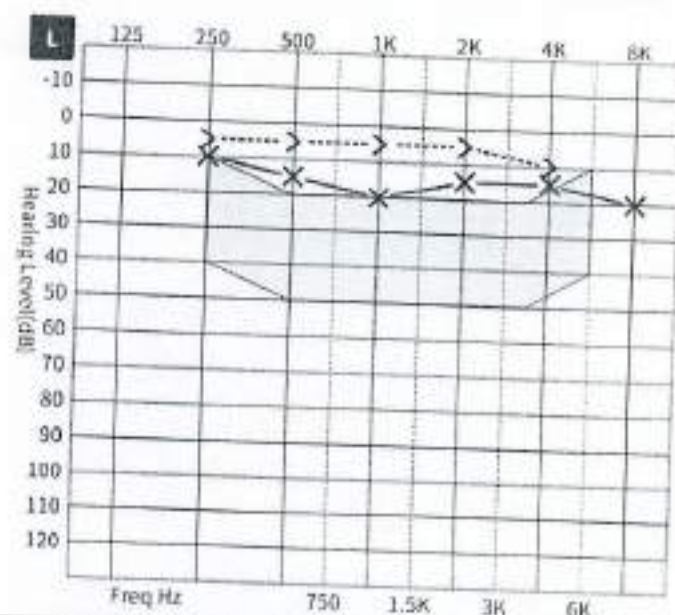
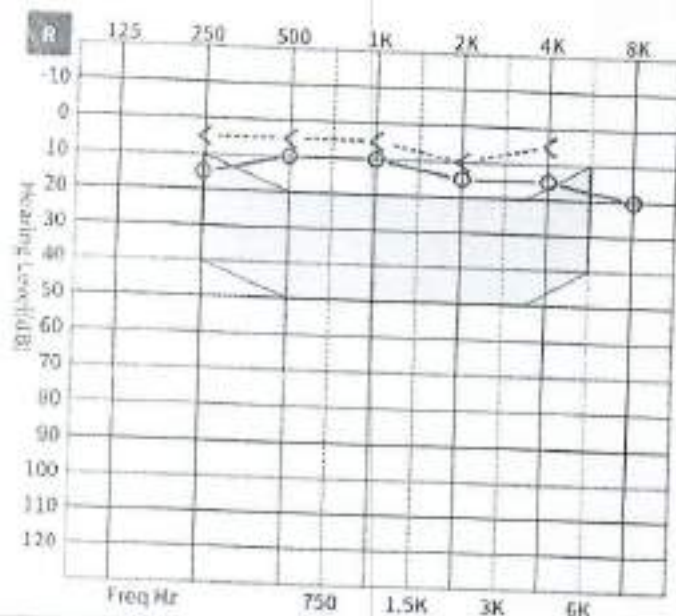
PTA Test Report

ID:6664

Gender:Male

Name:MOHAMMED YASSAR MOHAMMED ALTAF

Age:33Y



Test Result: NORMAL HEARING SENSITIVITY WITHIN NORMAL LIMITS IN BOTH EARS.



Test Date:2026-01-24 21:50

Printing Date:2026-01-24 21:50

Examiner:



UHID	ALNILE-6664	Visit Type/No	OP/EPD-3807
Name	Mr Muhammad Yasar Mohamed Altaf	Order No	ODN-8987
Age/Gender	33 Y,9 M,1 D/Male	Order Date/Time	25-01-2026
Mob	91828786	Collection Date/Time	25-01-2026 08:56 AM
Accession Number	20261451	Acknowledge Date/Time	25-01-2026 09:07 AM
Ordering Doctor	Dr Ali Mohammad Ghassab	Report Date/Time	25-01-2026 09:45 AM
Payer Name	TRUCK OMAN	Refer By	
Civil ID	72211408		

HAEMATOLOGY

Service Name	Result	Unit	Reference Range
Complete blood count (CBC), EDTA Blood			
Haemoglobin	16.7	gm/dl	13-18
TOTAL LEUCOCYTES COUNT	7000	cell/cumm	4000-11000
DIFFERENTIAL COUNT			
Neutrophil	56.0	%	45-70
Lymphocytes	33.8	%	15-45
Eosinophils	2.4	%	1-6
Monocyte	7.4	%	2-8
Basophils	0.3	%	0-1
PACKED CELL VOLUME (HCT)	52.1	%	37-54
RBC COUNT	6.0 H	millions/cumm	4.5-5.5
MCV	86.2	fL	82.9-98.0
MCH	27.7	pg	27.0-32.3
MCHC	32.1	g/dL	31.8-34.7
PLATELET COUNT	234000	cells/cumm	150000-450000
RDW-CV	12.8	%	11-16
RDW-SD	40.1	fL	35-56
BLOOD GROUPING & RH TYPING, EDTA Blood			
Blood Group	B		
Rh Typing	Positive (+)		
ESR, Blood	1	mm/hr	0-15

CLINICAL PATHOLOGY

Service Name	Result	Unit	Reference Range
URINE ANALYSIS, Urine			
Physical			
Colour	YELLOW		
Transparency	Slightly Turbid		
Chemical			
Specific Gravity	1.010		
PH	Alkaline		
Glucose	NIL		
Acetone	NIL		
Bilirubin	NIL		
Blood	NIL		
Urobilinogen	NIL		
Protein	NIL		
Nitrate	NIL		
Microscopic			
Leukocytes	NIL		
Pus Cells	4-6/hpf		
Erythrocytes	2-4	/ hpf	0-2
Squamous Epithelial Cell	few /hpf		
Crystal	NIL		
Cast	NIL		
Bacteria	NIL		





UHID	ALNILE-6664	Visit Type/No	OP/EPD-3807
Name	Mr Muhammad Yasar Mohamed Altaf	Order No	ODN-8987
Age/Gender	33 Y,9 M,1 D/Male	Order Date/Time	25-01-2026
Mob	91828786	Collection Date/Time	25-01-2026 08:56 AM
Accession Number	20261451	Acknowledge Date/Time	25-01-2026 09:07 AM
Ordering Doctor	Dr Ali Mohammad Ghassah	Report Date/Time	25-01-2026 09:45 AM
Payer Name	TRUCK OMAN	Refer By	
Civil ID	72211408		

Service Name	Result	Unit	Reference Range
Others	NIL		
STOOL ANALYSIS, Stool			
Physical			
Colour	Brownish		
Consistency	Semi Formed		
Microscopic			
Pus Cells	1-3/hpf		
RBC Cells	1-2/hpf		
E-HISTOLYTICA	NIL		
E-COLI	NIL		
Giardia Lamblia	NIL		
Taenia Saginata	NIL		
Taenia Solium	NIL		
Schistosoma Haematobium	NIL		
Ascaris Lumbricoides	NIL		
Trichuris Trichiura	NIL		
Ancylostoma Duodenale	NIL		
Others	NIL		

BIOCHEMISTRY

Service Name	Result	Unit	Reference Range
LIPID PANEL, Blood			
LDL CHOLESTEROL	169 H	mg/dL	<150
HDL CHOLESTEROL	32.7 L	mg/dL	40-60
CHOLESTEROL	231 H	mg/dL	<200
TRIGLYCERIDE	145	mg/dL	40-160
Gamma-Glutamyltransferase (GGT), Serum	37.80 H	U/L	5-36
URIC ACID, Serum	7.13 H	mg/dL	3.4-7.0
SGPT, Serum	48.7 H	U/L	<41
CREATININE, Serum	0.818	mg/dL	0.7-1.4
SGOT, Serum	33.8	U/L	<40
BLOOD SUGAR FASTING, Serum	4.48	mmol/L	<6.1
			Gtt Reference
			<5.1

Hajar
Lab Technician
9245

-----End of the Report-----



2026-01-25 09:49:03

Name : MUHAMMAD YASAR MOHAMMED ALTAFA

Sex : Male Age : 33

Section: DR . ALI

RoomID:

BedID:

Operator: soumya

Data for reference only:

HR	bpm	: 63
PR Interval	ms	: 176
P Duration	ms	: 120
QRS Duration	ms	: 76
T Duration	ms	: 184
QT/QTc	ms	: 368/376
P/QRS/T Axis	deg	: 33.5/47.7/33.4
R(V5)/S(VI)	mV	: 1.58/0.62
R(V5)+S(VI)	mV	: 2.20

<< Conclusions >>

Normal Sinus Rhythm,
Cardiac electric axis normal;

Report need physician confirm

Physician:

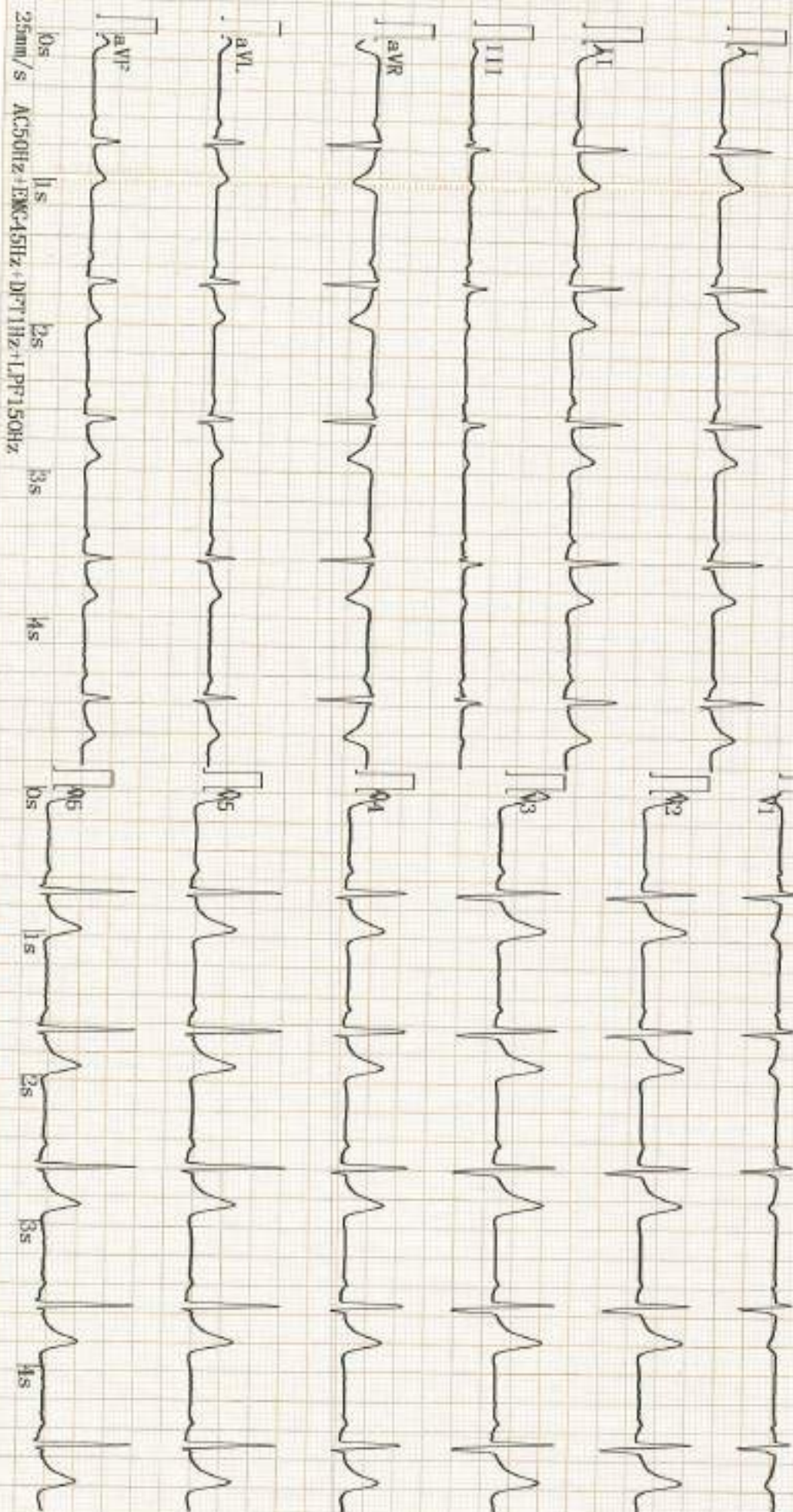


Patient Name:
Mr. Muhammad Yasar Mohamed Alfar
Mobile No.: 8182736
DOB & Gender: 24/04/1993 Male
Registration Date: 25-01-2026



AUTO 10mm/mV

10mm/mV



25mm/s AC50Hz+EMG45Hz+DFT1Hz+LPF150Hz



Patient Name: MUHAMMAD YASAR MOHAMED ALTAF
Prof. Dr. Dear Colleague
Date: January 25, 2026
Examination: CHEST X-RAY (PA VIEW)

REPORT

Patient is not centralized, rotated.

- *Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.*
- *Normal appearance of aorta & both broncho-vascular shadows.*
- *Maintained cardio-thoracic ratio.*
- *No obvious hilar or mediastinal mass lesion.*
- *Costo-phrenic & cardio-phrenic pleural angles are free.*
- *Bony framework & soft tissue shadows are within normal limits.*

Impression:

Apparently normal chest X-ray

MUCH OBLIGED,
Dr. Nesreen Ghazy
Lic. No: 26650

