



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

N = Normal A = Abnormal (please describe)

N	A	PHYSICAL EXAMINATION
☒		1. Eyes & Pupils
☒		2. E.N.T.
☒		3. Teeth & Mouth
☒		4. Lungs & Chest
☒		5. Cardiovascular System
☒		6. Abdo. Viscera
☒		7. Hemial Onfices
☒		8. Anus & Rectum
☒		9. Genito-urinary
☒		10. Extremities
☒		11. Musculo-skeletal
☒		12. Skin & Varicose Vns.
☒		13. C.N.S.

HEIGHT 170 cm	WEIGHT 89.7 kg	BMI 31.0	B.P. 130/80	PULSE 68 /mins.	HEARING L R	VISION DISTANT NEAR Uncorrected Corrected	Colour Vision	Blood Group
						R L R L 6/6 6/6		

N	A		Corrected	6/6	6/6
			LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A
		1. Urinalysis			7. Audiogram
		2. Hb, Bloodcount, ESR			8. Lung Function
		3. LFT, RFT, RBS			9. Chest X-Ray
		4. Drug Screen			10. ECG
		5. Lipids (40 years +)			11. CVS risk for 40 yrs. & above
		6. Sickie Cell test			12. HIV, Hepatitis screening
OTHER FINDINGS (Physique, scars, discharges)					

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

ASSESSMENT:

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

Date: Name (Block Capitals): Dr.

REVIEW/CONSULTATION

Signature:

Date: 14-05-2021 Name (Block Capitals): Dr.



Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name: Ravi Rashed
Emp #: _____

Emp #: 1249 1954

Date of Assessment: 14-5-2021

1	Age	Years	
2	Gender	Female/Male	
3	Total Cholesterol	mmol/L	
4	HDL Cholesterol	mmol/L	
5	Smoker	Yes/No	
6	Diabetes	Yes/No	
7	Systolic Blood pressure	mm Hg	
8	Is the patient being treated for High blood pressure?	Yes/No	

Framingham Risk score: 3.9 %

Framingham Risk Rating (Circle the appropriate score):

Low Medium High

Any further action or recommendations?

Assessment or Examination conducted by:



Epworth Screening Quest. for Sleep Apnoea

Employee Data

Name: Rajin Rajid

Date: 14-05-2021

I.D No. 116326263

Tel # 95277931

Department/Company: Thuckoman

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

0 sitting and reading

0 watching TV

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

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

1 Lying down to rest in the afternoon when circumstances permit

0 Sitting and talking with someone

0 Sitting quietly after lunch without alcohol

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

Total

1

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

Signature: Rajid

Date: 14-05-2021





Fitness to Work Certificate

Employee Data		Date 14-05-2021	
Name Rgr. Rgr	Department/Company Thumamah		Occupation Driver
ID No. 116326263	Age 38-y		
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			
Lifting, 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	Signature	Date 14-05-2021	



DEPARTMENT OF LABORATORY MEDICINE

File No: 0221919
Name: RAJA RASHID

Address:

Gender: M Age: 38 Y Nationality: PAKISTANI
GSM No.: 95277931 ID Card No.: 116326263
Ref. By: EXTERNAL DOCTOR

Report No: 0572514
Sample Date: 14/05/2021 Time: 12:08
Received By: ASHWINI
Received Date: 14/05/2021 Time: 12:13
Report Date: 14/05/2021 Time: 12:46
Bill No: 0756949 Bill Date: 14/05/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP BELOW 40 (Truckman)		
FBS (FASTING BLOOD SUGAR)	5.10 mmol/L	3.9 - 6.1
Method :- Hexokinase	91.8 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	4.08 mmol/L	1 - 5.1
Method:-Enzymatic	157.73 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.04 mmol/L	0.777 - 1.813
" "	40.0 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	1.75 mmol/L	1.295 - 4.54
" "	67.64	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	1.3 mmol/L	0.259 - 1.036
" "	50.09 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	3.92	3.8 - 5.9
TRIGLYCERIDES	2.83 mmol/L	0.564 - 2.146
Method : Enzymatic	250.455 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.25 mg/dL	0.1 - 1
Method : Diazo	4.30 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.17 mg/dL	0.1 - 0.5
Method : Diazo	2.89 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	28.20 U/L	Male: up to 40.0 Female: up to 32.0
SGPT (ALT)-SERUM (IFCC)	64.20 U/L	Male: 10-50 Female: 10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	105.17 U/L	Adult : Men -40-129

Processed By:
ASHWINI
Lab Technologist

Approved By:
ASHWINI
Lab Technologist

Released By:
ASHWINI
Lab Technologist

Specialist Pathologist

MOH License No: 16064

MOH License No: 16064

Printed at: 14/05/2021 12:48:15 PM

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GSM No.: 95277931 ID Card No.: 116326263
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INVESTIGATION	RESULT	REFERENCE RANGE
		Female 35-104 Children: (Aged) 7 months - 1 Year :- <462 1 Year - 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)	7.33 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	4.62 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	2.71 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.7	1.2 - 1.5
GGT (GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	40 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	4.40 mmol/L	1.7 - 8.3
Method : Kinetic Assay	26.43 mg/dL	10.2 - 49.8
CREATININE - SERUM	76.10 µmol/L	44.2 - 123.7
Method : Jaffe Method	0.86 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	8630 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	59.5 %	40-75%
LYMPHOCYTES	29.7 %	20-45%
EOSINOPHILS	3.0 %	2-6 %
MONOCYTES	7.2 %	2-8 %

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INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	0.6 %	0-1%
HB (HEMOGLOBIN)	15.2 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	6.00 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	2.82 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	46.60 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	77.70 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	25.30 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	32.60 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	03 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	
URINE ROUTINE		
URINE BIOCHEMISTRY		
GLUCOSE	NIL	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	

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INVESTIGATION	RESULT	REFERENCE RANGE
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	1 - 2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

Spand.

Processed By:
ASHWINI
Lab Technologist

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Approved By:
ASHWINI
Lab Technologist

Lab Technologist

Agenda

Released By:
ASHWINI
Lab Technologist

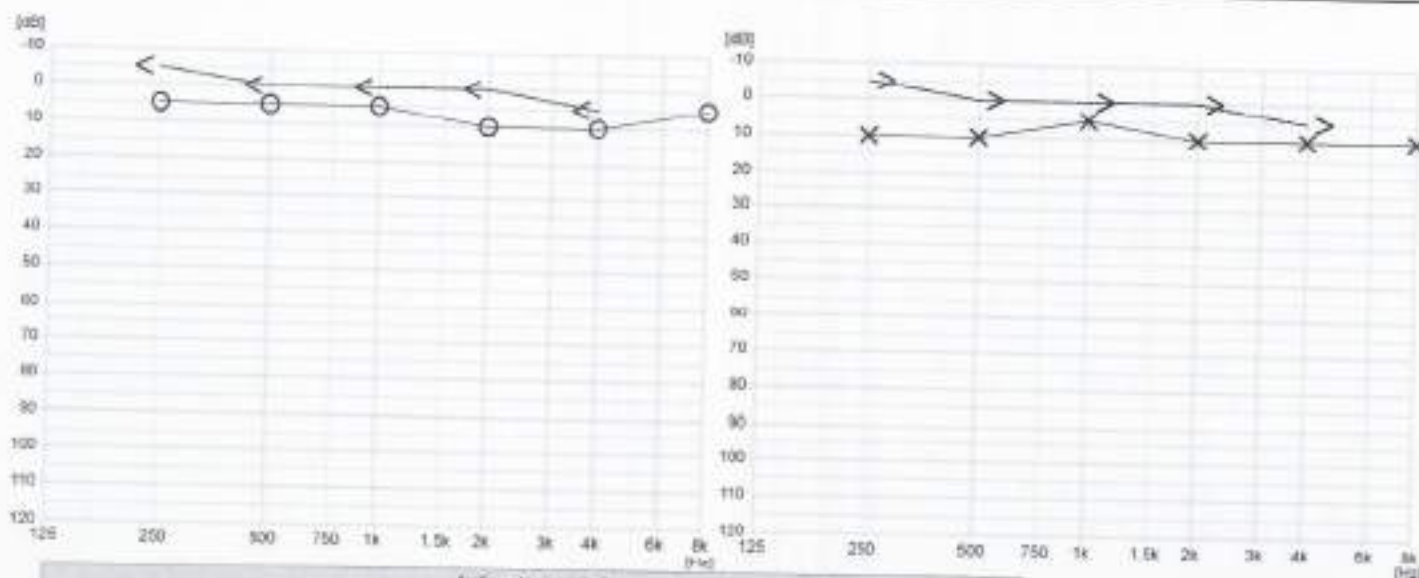
MOH License No: 16054



Specialist Pathologist

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 0756949	Last name, First name: RASHID, RAJA	Born: 16.05.2021
Test type: Tonal audiometry	Test date: 16.05.2021	



Legend	R	L
Air	○	×
Air/Masked	△	□
Bone	<	>
Bone/Masked	[	]
MCL	M	M
UCL	m	m
Free Field	⊗	⊗
Free Field/Aided	A	A
Binaural	B	
No response	I	

PTA
Right:- 6.6 dB HL
Left:- 8.3 dB HL

Comments
BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature:

Date: 16/05/2021