

Medical Fitness Certificate

Name of the Examined : Mr. DIDAR SINGH RATTAN SINGH
Age : 33yrs/M
ID Number : 98119749
Date of medical Examination: 25/02/2025
Examining physician : DR. BASSIL ALI

Assessment Results

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

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

Given advices for Diet and physical activity
Shoul comeback after 2 months for R14

Examining physician stamp and signature


The stamp is rectangular with a heart logo and text in Arabic and English. The signature is written in blue ink over the stamp.

Hospital/ Clinic seal



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med – check History form		Name:	
		GIN:	
Place of examination <i>AL NILE Hospital</i>		Date <i>24/02/2025</i>	Mobile: <i>94629293</i>
Age: <i>33 yrs</i>	Nationality: <i>INDIAN</i>	Blood Group	<i>B positive</i>
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: <i>1</i>	
Do You Have You Had: (Tick "Yes " or "No " column or put a (?) if uncertain exclude minor ailments.)			
	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 HEMATITIS		☒	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?	<i>N/A</i>		AVERAGE DAILY ALCOHOL CONSUMPTION
<i>N/A</i>			
FAMILY HISTORY: DIABETES () TUBERCULOSIS () EPILEPSY () ASTHMA () ECZEMA () HEART DISEASE () HIGH BLOOD PRESSURE () STROKE () BLOOD DISEASE () CANCER ()			
<i>N/A</i>			
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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.			
DATE: <i>24/2/2025</i>			
SIGNATURE OF APPLICANT: <i>DIDAR SINGH</i>			





VISUAL FIELDS:		COLOR VISION:	Normal
SPEECH:		SHISPER TEST:	
NEAR VISION RIGHT EYE:	Normal	NEAR VISION LEFT EYE:	Normal
DISTANT VISION LEFT EYE:	Normal	DISTANT VISION RIHT EYE:	Normal
HEIGHT: 164 cm	WEIGHT: 70 kg	BMI: 26.03	BP: 135/88 mmHg PULSE: 72 bts/min

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		

DIDAR SINGH

[Handwritten signature]



Test: SCHLUMBERGER FITNESS TO W
Name: DIDAR SINGH RATTAN SIN
File No: 21234829 Age/Sex: 33 (Y) / M
Date: 2025-02-24 Specimen ID: 4902



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>DIDAR SINGH</u>	AGE: <u>33</u>	SEX: <u>M</u>	COMPANY: <u>TRUCIC OMAFU</u>	GIN
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PAST MEDICAL HISTORY No		BLOOD GROUP B ⁺ positive	
ALLERGIES: No			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

TESTS RESULTS
AUDIOGRAM : <u>N</u>
DSU 5 PANEL

ECG	<u>with normal limits</u>
CHEST X-RAY	

BLOOD INVESTIGATIONS					
RBCS	<u>6.7</u>	4.20-6.30*10 ⁶ /UL	SGOT	<u>30</u>	MALE:10-50 FEMALE :10-35U/L
WBCS	<u>5,610</u>	4.0-11.0*10 ³ /UL	SGPT	<u>35</u>	MALE:UP TO 41 FEMALE :10-35U/L
NEUTRO	<u>57%</u>	37-72%	GGT	<u>68</u>	0-50/U/L
EOSINO	<u>5%</u>	0-6%	FBS:	<u>5.4</u>	60-110 MG/DL
BAO	<u>0.4%</u>	0-1%	CHOLESTEROL	<u>258</u>	UP TO 200 MG/DL
LYMPHO	<u>32%</u>	10-58%	HDL	<u>46.7</u>	20-60 MG/DL
MONO	<u>4.5%</u>	0-14%	LDL	<u>183</u>	UP TO 130 MG/DL
HEMATOCRIT	<u>56%</u>	37-51%	TRIGLYCERIDES	<u>134</u>	35-175 MG /DL
HEMOGLOBIN	<u>18.3</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	<u>1.29</u>	MALE:0.7-1.2 MG/DL FEMALE :0.5-0.9MG/DL
ESR	<u>1</u>	MALE: 0-10 MM/HR FEMALE :0-20 MM/HR	URIC ACID	<u>8.7</u>	MALE:3.6-7.7 MG /DL FEMALE :2.5-6.8 MG /DL

URINE ANALYSIS			
BLOOD	<u>N</u>	SUGAR	<u>N</u>
ALBUMIN	<u>N</u>	OTHERS	<u>N</u>
STOOL ANALYSIS			
PARASITES	<u>N</u>	BLOOD	<u>N</u>

COMMENTS

EXAMINING PHYSICIAN

DIDAR SINGH





Al Nile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE – 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Medical Report

Patient Name: DIDAR SINGH RATTAN SINGH		Date: 25/02/2025 20:26:19
File No: 21234829	Age/Gender: 33y 11m 20d / M	Nationality: India
Payer Name: --		Doctor: Dr. Bassel Ali Al Ratel
Insurance Card No:	ID Card No: 98119749	Phone: 94629293

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SPo2	RBS:	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
37.3° C	136 / 88 mmHG	80 bpm	0 bpm	0.0kg	0.0cm	98 SP02	6.2	0	0.0	0.0		0.0

Chief Complaints:-

consultation

Patient History:-

the patient was referred by the GP for evaluation of hyperuricemia, hypercholesterolemia and high hemoglobin. the patient Denies any complains, and works as forklift operator, no family history of cardiac diseases or hypercholesterolemia, his Framingham ASCVD risk score is 1.1 % PE: resp and CVS are WNL

Radiology Report:-

ECG: sinus regular without signs of acute ischemia or conduction abnormality.

Management Plan:-

the patient is fit for working as a forklift operator without restrictions He was advised for lifestyle and diet(more physical activity, eat more fruits and vegetables, consume less fatty meals, sea food, meat) review after 2 months for reevaluation

Presenting Complaints:-

hyperuricemia, high hemoglobin, hypercholesterolemia,

Provisional Diagnosis:-

No.	ICD Code	Diagnosis
1	E78.0	Pure hypercholesterolaemia

Dr. Bassel Ali Al Ratel

Licence Number : 19770

2025-02-25 20:39:29





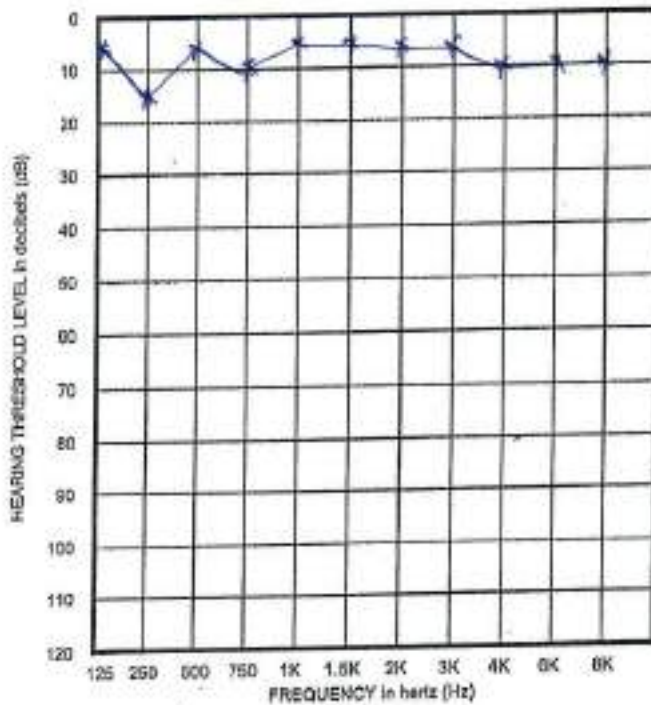
Test: SCHLIMBERGER FITNESS TO W
Name: CEDAR SINGH RATTAN SIN
File No: 21234829 Age/Sex: 33 (Y) / M
Date: 2025-02-24 Specimen ID: 4902

Patient Id :
Name :
Consultant : DR. AAI

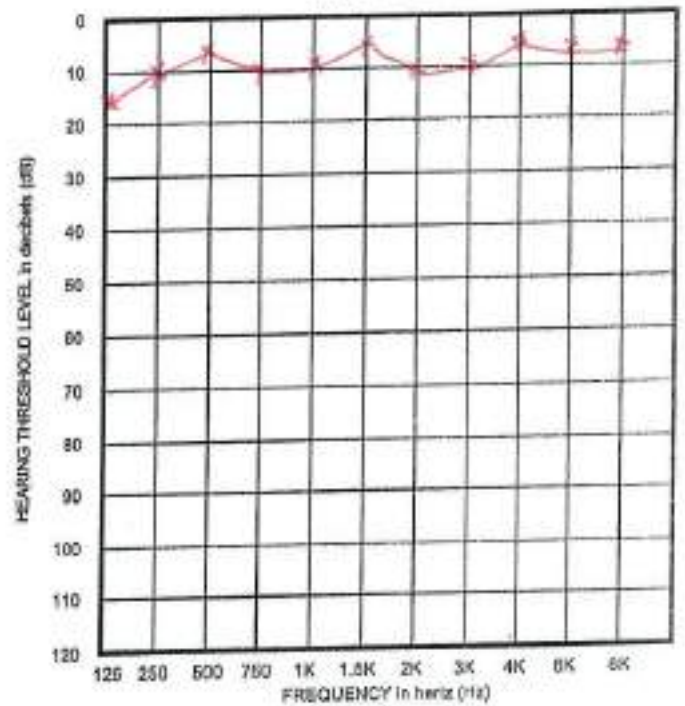


Age / Gender : 33 / M
Report Date : 24.02.2025

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)

Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral hearing sensitivity is within normal limits



Signature Audiologist

2025-02-24 08:38:08

Name : DIDAR SINGH RATTAN

Sex : Male Age : 33

Section : DR. ALI

RoomID :

BedID :

ID :

Operator: shishir

Normal Sinus Rhythm
Cardiac electric axis normal.

Report need physician confirm

Physician:

ALTO 10mm/mV

10mm/mV

V1



Time SCHLUMBERGER FITNESS TO W
Name DIDAR SINGH RATTAN SIN
File No. 21334859 Age 33 / M
Date 2025-02-24 Specimen ID: 4902





Al Nile
Medical Complex
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Test: SCHUMBERGER FITNESS TO W
Name: DIDAR SINGH RATTAN SIN
File No: 21234829 Age/Sex: 33 (V) / M
Date: 2025-02-24 Specimen ID: 4902



Medical Report

Patient Name: DIDAR SINGH RATTAN SINGH Date: 24/02/2025 08:27:10
File No: 21234829 Age/Gender: 33y 11m 19d / M Sid No: B1144902
Payer Name: Collection Date & Time: 24/02/2025 08:25:41
Insurance Card No: -- Received Date & Time: 24/02/2025 08:27:10
Doctor: Reported Date & Time: 24/02/2025 09:30:51
Billing Time: 24/02/2025 07:35:26 Mobile: 94629293 Id Card No: 98119749

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	5.42	-
CREATININE	1.29 mg/dl	0.7 - 1.4
SGPT	35.1 U/L	< 41.0
Gamma-Glutamyltransferase (GGT)	68.0 U/L	5.0 - 63.0
TRIGLYCERIDE	134.3 mg/dl	40.0 - 160.0
CHOLESTEROL	258.5 mg/dl	< 200.0
SGOT	30.8 U/L	< 40.0
Complete Blood Count		
Haemoglobin	18.3 mg/dl	13.0 - 18.0
Total leucocyte count	5.610.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	57.9 %	40.0 - 75.0
Lymphocytes	32.1 %	15.0 - 45.0
Eosinophils	5.0 %	1.0 - 6.0
Monocyte	4.5 %	2.0 - 8.0
Basophils	0.4 %	< 10.0
Packed cell volum	56.0 %	< 54.0
RBC count	6.79 millions/mm	4.5 - 5.5
MCV	82.5 fl	81.8 - 95.5
MCH	27.0 pg	27.0 - 32.3
MCHC	32.7 g/dl	32.4 - 35.0
Platelet count	194,000.0 Cu.mm	150,000.0 - 400,000.0
RDW-CV	13.3 %	11.0 - 16.0
RDW-SD	39.4 fl	35.0 - 56.0

URINE ANALYSIS

Color	Yellow	-
Transparency	Clear	-
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	nil	-
Acetone	NIL	-
Bilirubin	NIL	-





Al Nile
Medical Complex
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Test: SCHLIMBERGER FITNESS TO W
Name: DIDAR SINGH RATTAN SIN
File No: 21234829 Age/Sex: 33 [V] / M
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Test Name	Result	Biological Reference
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-2	-
Erythrocytes	0-2	-
Squamous Epithelial Cell	few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
ESR(AUTOMATED)	1.0 mm/hr	< 15.0
BLOOD GROUP	B	-
RH Typing	POSITIVE	-
HDL CHOLESTEROL	48.74 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	183.0 mg/dl	< 150.0
URIC ACID	8.7 mg/dl	3.4 - 7.0
Physical		
Color	Brownish	-
Consistency	Semi Formed	-
Occult Blood		-
Microscopic		
Pus Cells	1-2	-
RBC Cells	0-2	-
E-Hisolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Ascaris Lumbricoides	NIL	-
Trichis Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	NIL	-

2025-02-24 09:45:06

End of Report

Technician: Hajar Mohammed
Husein Mousa
License No: 9245

Hajar





Patient Name: DIDAR SINGH RATTAN SINGH
Prof. Dr. Dear Colleague
Date: 24 February 2025
Examination: Chest X-Ray PA View

REPORT

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

Opinion

Apparently Normal Chest X-ray.



Much Obligated,
Dr. Nesreen Ghazy
Radiology Specialist
License NO: 26650