

Medical Fitness Certificate

Name of the Examined : Mr. WAQAS AHMED
Age : 37yrs/M
ID Number : 107796016
Date of medical Examination: 08/03/2025
Examining physician : DR. ALI GASSAH

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

Examining physician stamp and signature


Dr. Ali Gassah
Physician

Hospital/ Clinic seal



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	WABAS AHMAD	
		GIN:		
Place of examination	Date	Mobile: 92107592		
At Nib medical complex	8/3/25			
Age: 37	Nationality: PAKISTAN	Blood Group	O+ve	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 1		
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-ASHMA / 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?	NIL		AVERAGE DAILY ALCOHOL CONSUMPTION	NIL
HAVE YOU EVER TAKEN ELICITED DRUGS ? ()	N			
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: 8/3/25				
SIGNATURE OF APPLICANT: 				



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME :	AGE	SEX	COMPANY	GIN
Wagaz Ahmed	37	M	Grade 0000	

PAST MEDICAL HISTORY		BLOOD GROUP	
Unremarkable		O+ve	
ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	
HEPATITIS A			BOOSTER DUE DATE
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			
TESTS RESULTS			
AUDIOGRAM :		Normal	
DSU 5 PANEL			

ECG	Normal
CHEST X -RAY	Normal

BLOOD INVESTIGATIONS					
RBCS	4,6	4.20-6.30*10 ⁶ /UL	SGOT	16,2	MALE:10-50 FEMALE:10-35U/L
WBCS	7,8	4.0-11.0*10 ³ /UL	SGPT	26,2	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	45%	37-72%	GOT	15	0-50/UL
EOSINO	5.5%	0-5%	FBS:	9,7	60-110 MG/DL
BAO	0.5%	0-1%	CHOLESTEROL	177	UP TO 200 MG/DL
LYMPHO	41.7%	10-58%	HDL	37,4	20-60 MG/DL
MONO	6.3%	0-14%	LDL	109	UP TO 130 MG/DL
HEMATOCRIT	40,3	37-51%	TRIGLYCERIDES	155,2	35-175 MG /DL
HEMOGLOBIN	13,9	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	1,3	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	6	MALE: 0-10 MM/HR FEMALE:0-20 MM/HR	URIC ACID	4,7	MALE:3.6-7.7 MG /DL FEMALE:2.5-6.8 MG /DL

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

COMMENTS	
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EXAMINING PHYSICIAN

Cyph





Patient Name: WAQAS AHMED

Prof. Dr. Dear Colleague

Date: 8 March 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, with no obvious TB signs.

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

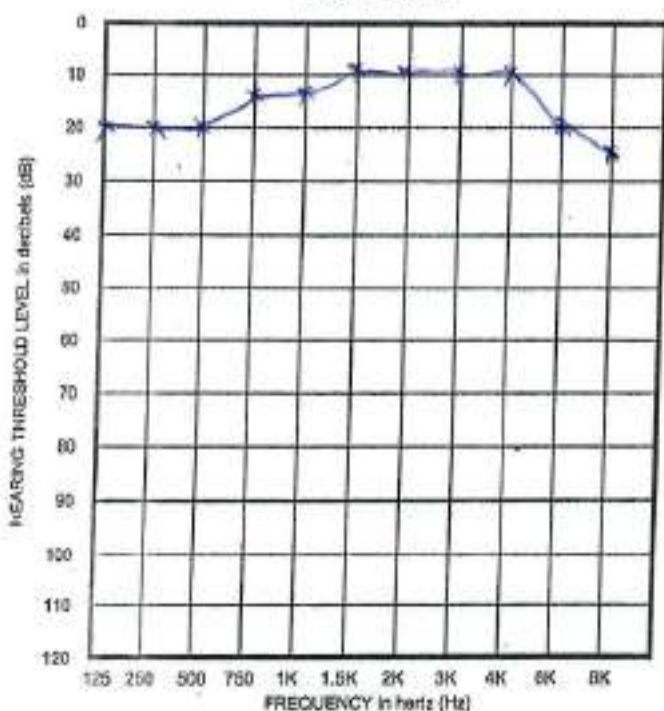




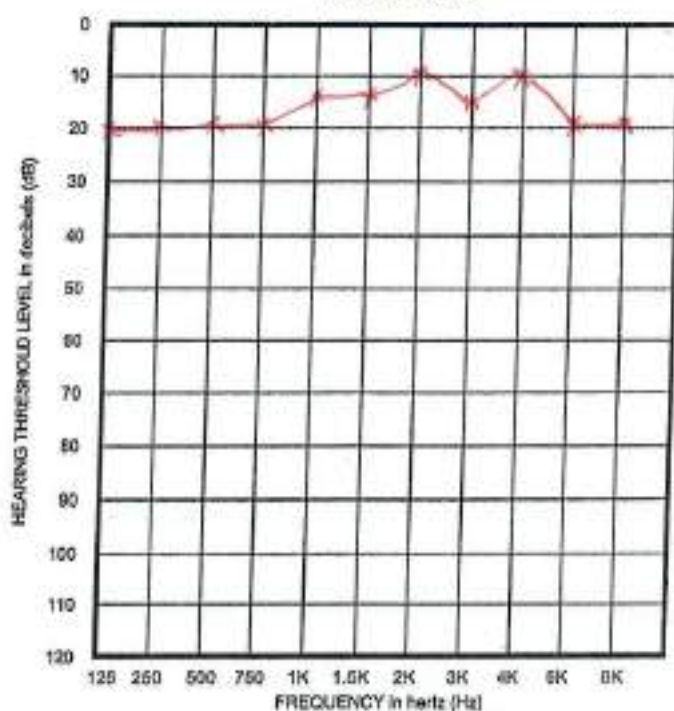
Patient Id : Patient Name: WAQAS AHMAD
Name : File No: 25003510
Consultant : Age: 37y 10m 7d
Gender : Male
Nationality: Pakistan

Age / Gender : 37 / M
Report Date : 8/3/25

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

□ → Left ear
□ → Right ear

Provisional Diagnosis: Bilateral hearing sensitivity is in normal limits



Signature Audiologist

2025-03-08 09:47:01
Name : WAQAS AHMAD
Sex : Male Age : 37
Section: DR. ALI
Room ID: _____
Bed ID: _____
ID: _____
Operator: subitha

<< Conclusions >>

Cardiac electric axis normal.
I AV block.

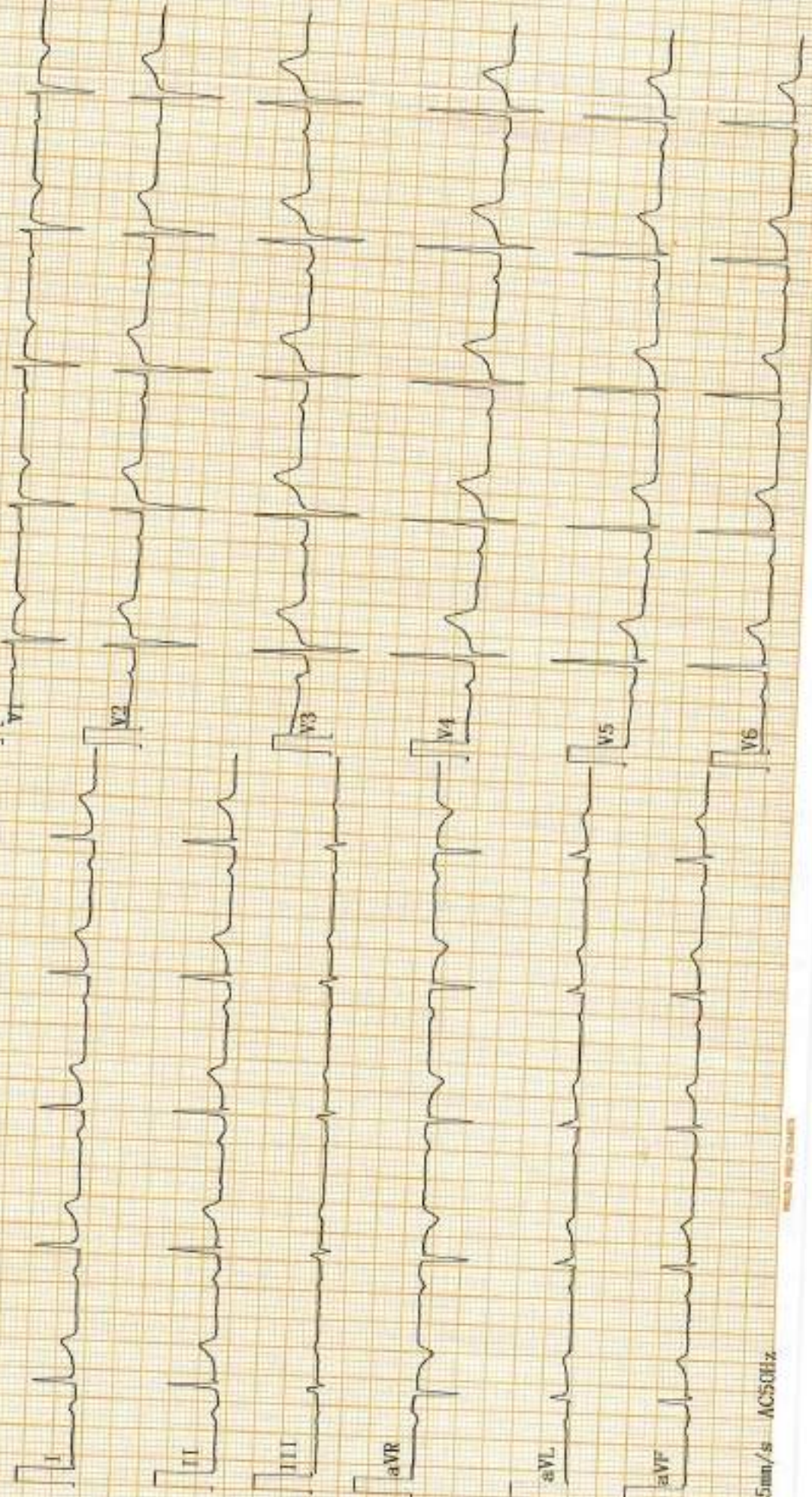
Report need physician confirmation



Patient Name: WAQAS AHMAD
File No: 25003519
Age: 37y 10m 7d
Gender: Male
Nationality: Pakistan

AUTO 10mm/mV

Physician's 10mm/mV





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

Lab Report

Patient Name:	WAQAS AHMAD	Date:	08/03/2025 09:43:02
File No:	25003510	Age/Gender:	37y 10m 7d / M
Payer Name:		Sid No:	Bill#6882
Insurance Card No:	-	Collection Date & Time:	08/03/2025 09:42:59
Doctor:	Dr. Ali Mohammad Ghassah	Received Date & Time:	08/03/2025 09:43:02
Billing Time:	08/03/2025 08:56:17	Reported Date & Time:	08/03/2025 09:54:17
	Mobile: 92107592	Id Card No.:	107796016

Test Name	Result	Biological Reference
Complete Blood Count		
Haemoglobin	13.9 mg/dl	13.0 - 18.0
Total leucocyte count	7,820.0 Cells/Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	45.9 %	40.0 - 75.0
Lymphocytes	41.7 %	15.0 - 45.0
Eosinophils	5.5 %	1.0 - 6.0
Monocyte	6.3 %	2.0 - 8.0
Basophils	0.5 %	< 10.0
Packed cell volum	40.3 %	< 54.0
RBC count	4.62 millions/mm	4.5 - 5.5
MCV	87.3 fl	81.8 - 95.5
MCH	30.0 pg	27.0 - 32.3
MCHC	34.5 g/dl	32.4 - 35.0
Platelet count	211,000.0 Cu:mm	150,000.0 - 400,000.0
RDW-CV	13.5 %	11.0 - 16.0
RDW-SD	43.1 fl	35.0 - 56.0
ESR(AUTOMATED)	6.0 mm/hr	< 15.0
BLOOD GROUP	O	-
RH Typing	POSITIVE	-
BLOOD SUGAR FASTING	5.7	-
CREATININE	1.3 mg/dl	0.7 - 1.4
URIC ACID	4.7 mg/dl	3.4 - 7.0
Gamma-Glutamyltransferase (GGT)	15.0 U/L	5.0 - 63.0
SGOT	16.2 U/L	< 40.0
SGPT	26.2 U/L	< 41.0
CHOLESTEROL	177.6 mg/dl	< 200.0
LDL CHOLESTEROL	109.0 mg/dl	< 150.0
HDL CHOLESTEROL	37.65 mg/dl	40.0 - 60.0
TRIGLYCERIDE	155.2 mg/dl	40.0 - 160.0
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-



Al Nile Medical Complex

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P.O.BOX:306, POSTAL CODE - 811 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
Specific Gravity	0.0	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
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	-
Physical		
Color	Brownish	-
Consistency	Semi Solid	-
Occult Blood		-
Microscopic		
Pus Cells	1-2	-
RBC Cells	NIL	-
E-Histolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Acaris Lumbricoides	NIL	-
Trichuris Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	NIL	-

2025-03-08 11:45:09
End of Report



Technician: Hajar Mohammed
Hussain Mousa
License No: 9245