Patient: 19823 **Reg.Dt:** 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male **Nationality:** OMAN
Age: 28Y **Mar. Status:** Marrie
Address:

MEDICAL EVALUATION REPORT FOR OQ CONTRACTORS - SUMMARY

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Name	Position
15036168	10394	JULAND AL-AMRI	FOREMAN

Nationality	Age	Sex	Company	Location
OMANI	28	M	TRUCKOMAN NORTH	HAIMA

EXAMINATION TYPE

Examination [ ] Pre-employment [✓] Periodic [ ] Exit

VITAL SIGNS & BODY MEASURES

Blood Pressure Category: 130/80 [✓] Normal [ ] Prehypertension [ ] Hypertension Stage 1 [ ] Hypertension Stage 2 [ ] Hypertension Crises
BMI Category: 24.9 [ ] Underweight [✓] Normal [ ] Overweight [ ] Obese [ ] Morbid Obesity
Remarks:

VISUAL TEST

Visual Acuity Test: RT 6/6 LT 6/6 — Visual Field Test [✓] Normal [ ] Abnormal
Colour Vision Test [✓] Normal [ ] Abnormal [ ] Not Required — Stereoscopic Vision Test [ ] Normal [ ] Abnormal [ ] Not Required
Pre-existing condition:
Remarks:

RESPIRATORY SYSTEM

Spirometry Test [✓] Normal [ ] Abnormal [ ] Not Required — Chest X-Ray [✓] Normal [ ] Abnormal [ ] Not Required
Pre-existing condition: — Physical Assessment [✓] Normal [ ] Abnormal
Remarks:

ENT SYSTEM

Audiometry Test [✓] Normal [ ] Abnormal [ ] Not Required — Otoscopy [✓] Normal [ ] Abnormal [ ] Not Required
Pre-existing condition: — Physical Assessment [✓] Normal [ ] Abnormal (Whisper, Weber & Rinne Tests)
Remarks:

CARDIOVASCULAR SYSTEM

ECG Test [ ] Normal [✓] Abnormal [ ] Not Required — Physical Assessment [✓] Normal [ ] Abnormal
Pre-existing condition:
Remarks: CARDIOLOGY CONSULTATION FOR ECG CHANGES.

NEUROLOGICAL SYSTEM

Physical Assessment [✓] Normal [ ] Abnormal
Pre-existing condition:
Remarks:

MUSCULOSKELETAL SYSTEM

Physical Assess. [✓] Normal [ ] Abnormal — Lumbar X-Ray [ ] Normal [ ] Abnormal [✓] Not Required
Pre-existing condition:
Remarks:

LABORATORY INVESTIGATIONS

Lab Tests [✓] Normal [ ] Abnormal If abnormal, please specify below — Blood Grouping: A +VE
Pre-existing condition:
Remarks:

Glucose Level Category: 97 mg/dl [✓] Normal 80 – 100 mg/dl [ ] Pre diabetic 100 – 125 mg/dl [ ] Diabetic > 126 mg/dl
Cholesterol Risk Category: 81 mg/dl [✓] Low Risk LDL is less 130 mg/dl [ ] Moderate Risk LDL 130-159 mg/dl [ ] High Risk LDL >160 mg/dl
Routine Urine Analysis [✓] Normal [ ] Abnormal [ ] Not Required — Stool Analysis [ ] Normal [ ] Abnormal [✓] Not Required

QUESTIONNAIRES

	Questionnaire	Remarks
	Medical & Surgical History Questionnaire	Remarks
	Respiratory Protection Questionnaire	Remarks
	Hearing Conservation Questionnaire	Remarks
	Screening Questionnaire	Remarks

Fagerstrom Test - Smoking [ ] Non-smoker [ ] Low dependence [ ] Low to Mod dependence [ ] Moderate dependence [ ] High dependence
CAGE Questionnaire Alcohol Use [ ] No use of alcohol [ ] Screening negative [ ] Clinically significant
SRQ-20 Self-reported Questionnaire [ ] No positive answ... answers Factor I (1 to 6) [ ] Positive answers Factor II (7 to 12)
[ ] Positive answ... [ ] Positive answers Factor IV (17 to 20)

Clinic Doctor Name	License #	Doctor Signature & Clinic Stamp	Issue Date
DR. HASHIM ABDALLAH, GENERAL PRACTITIONER, MOH License No: 9087		Peace Land Clinic Mukhaizna, C.R.NO:221792	14/07/2025

FITNESS TO WORK CERTIFICATE - OQ CONTRACTORS

EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Patient: 19823 Reg.Dt: 10/07/202	Position
150261685	10394	Name: JULAND NASR HAMED ALAMRI	FORE MBN
Nationality	Age / Sex	Gender: Male Nationality: OMAN	Location
		Age: 28Y Mar. Status: Marrie	HAIMA
		Address:	

EXAMINATION TYPE

[ ] Pre-employment Examination (PRE)	[✓] Periodic Medical Examination (PME)	[ ] Post-absence Examination
[ ] Change of Position Examination	[ ] Exit Examination	[ ] Critical Activities Examination
[ ] Emergency Response Team	[ ] Travelling Examination	[ ] Medical Surveillance

Medical Suitability for Work

Medical Suitability for Work

[✓] Fit to work

[ ] Fit with following restrictions

[ ] Pending Fitness

[ ] Not fit to work

FIT

Restrictions

[ ] Working at height	[ ] Pulling, pushing or carrying weight
[ ] Working in confined space	[ ] Ascend/descend ladders and stairs
[ ] Working with electricity	[ ] Walking or standing for long distance/period
[ ] Working near rotating machinery	[ ] Repetitive movements
[ ] Working in noise area	[ ] Mobile machinery operation
[ ] Working in extreme heat	[ ] Heavy lifting operation
[ ] Handling chemical products	[ ] Driving vehicle
[ ] Use of respirator	[ ] Emergency response duty

Other, specify: Sent to Cardiologist for further assessment, Echo Need

New Position	New Function	New Department
NA	NA	NA

Examination Date	Exams Performed
10/07/2021	

Medical Review Date	Employee Signature

Doctor Name: DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

Medical License

Hospital: Peace Land Clinic Muktinaza

Medical Doctor Signature

MEDICAL & SURGICAL HISTORY QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Position
150361681	10394	FOREMAN

Nationality	Age	Sex	Location
			HAIMA

Patient: 19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

PERSONAL HEALTH HISTORY

Have you ever, or do you currently suffer from any of the following?

Congenital heart disease or Valvular heart disease or Coronary artery disease		Yes	✓	No	Muscle problems e.g. weakness of your limbs or twitchy muscles		Yes	✓	No
Myocardial insufficiency or infarction (heart attack)		Yes	✓	No	Joint problems, e.g. plantar warts, joint pain or swelling		Yes	✓	No
Coronary bypass surgery (CABS) and angioplasty		Yes	✓	No	Problems with limb, neck or spine mobility		Yes	✓	No
Heart arrhythmias (heart beats too fast, too slow or irregularly)		Yes	✓	No	Extremities (feet or hands) deformities or problems		Yes	✓	No
High blood pressure (hypertension)		Yes	✓	No	Experienced back problem, arthritis, slipped disc		Yes	✓	No
Shortness of breath after exertion		Yes	✓	No	Pain in neck or back or hands or legs		Yes	✓	No
Varicose veins associated with varicose eczema, ulcers or other complications		Yes	✓	No	Thyroid disease any other glandular diseases		Yes	✓	No
Arteriosclerotic or other vascular disease		Yes	✓	No	Diabetes mellitus or Hypoglycemia		Yes	✓	No
Anemias, especially Sickle Cell Disease or Sickle Cell Trait or Thalassemia		Yes	✓	No	Experienced weight loss or gain > 5kg over the past year		Yes	✓	No
Haemorrage disorders i.e. bleeding disorders		Yes	✓	No	Informed about being overweight or obese		Yes	✓	No
Leukaemia, polycythaemia and disorders of the reticulo-endothelial system		Yes	✓	No	Skin disorders e.g. severe acne, dermatitis, eczema or allergy		Yes	✓	No
G6PD (Glucose 6-Phosphate Dehydrogenase) Deficiency		Yes	✓	No	Allergies e.g. dust, medication, insect bites		Yes	✓	No
Recurrent headaches or migraine		Yes	✓	No	Disorders of the digestive tract e.g. ulcers, recurrent diarrhea, gastritis		Yes	✓	No
Epilepsy and recurrent seizures		Yes	✓	No	Haemorrhoids, fistulas and fissures causing pain, or recurrent bleeding		Yes	✓	No
Blackouts, dizziness, fainting, memory loss, unconsciousness (vertigo/syncope)		Yes	✓	No	Liver and pancreas diseases (e.g. pancreatitis, Hepatitis B)		Yes	✓	No
Sleep disorders, such as insomnia, hypersomnia, sleep apnea, narcolepsy		Yes	✓	No	Kidney or bladder diseases e.g. recurrent infection, renal stones		Yes	✓	No
Chronic anxiety states and/or recurrent depression		Yes	✓	No	Ear, nose or throat problems (e.g. otitis, hearing loss, sinusitis, tonsilitis)		Yes	✓	No
Phobias such as fear of heights, fear of confined spaces, fear of flying		Yes	✓	No	Eye disease or visual defect (e.g. glaucoma, color blindness, monocular vision)		Yes	✓	No
Lung disease e.g. bronchitis, asthma, dyspnea, TB		Yes	✓	No	Treated for infectious diseases (e.g. malaria, COVID19)		Yes	✓	No
Phlegm production (excess mucus production) or tight chest		Yes	✓	No	Treated for depression, stress		Yes	✓	No
Immuno suppression due to cancer or human immunodeficiency virus		Yes	✓	No	Treated for substance or alcohol abuse		Yes	✓	No

Have you visited a doctor in the last year?		Yes	✓ No
Are you taking any medication at present?		Yes	✓ No
Are you pregnant?		Yes	No

List any previous injuries or operations

Previous injuries or operations	Date

Date: 10/07/2025

Candidate/Employee Signature

Peace Land Clinic Mukhaizna

SCREENING QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Position
15036168	10394	FOREMAN

Nationality	Age	Sex	Location
			HALMA

Patient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

FAGERSTROM TEST

Do you smoke? [ ] Yes [✓] No *If YES, Please answer the following:*

How soon after waking up do you smoke you first cigarette? [ ] >60min [ ] 31-60min [ ] 6-30min [ ] < 5 minutes

Do you find it difficult to avoid smoking where is forbidden, such as work places, cinemas, shopping etc.? [ ] Yes [ ] No

What's the most difficult cigarette to quit or not to smoke [ ] Anyone [ ] The first in the morning

How many cigarettes do you smoke per day [ ] <10 [ ] 11-20 [ ] 21-30 [ ] >31

Do you smoke more frequently the first hours of the day than the rest of the day [ ] Yes [ ] No

Do you smoke even when you're sick and have to stay in the bed most part of the day [ ] Yes [ ] No

CAGE QUESTIONNAIRE

Do you drink alcohol? [ ] Yes [✓] No *If YES, Please answer the following:*

Did you ever felt that you should decrease the amount of drinks or cut down (stop) drinking? [ ] Yes [ ] No

Do people bother you because they criticize the way you drink? [ ] Yes [ ] No

Do you feel guilty or upset with yourself with the way you use to drink [ ] Yes [ ] No

Do you drink in the morning to feel less nervous or decrease the hang over [ ] Yes [ ] No

Have you had any problems related to alcohol [ ] Yes [ ] No

Did you drink in the last 24 hours [ ] Yes [ ] No

FATIGUE QUESTIONNAIRE

Have you noticed that you are feeling tired recently [ ] Yes [✓] No

Have you been feeling a lack of energy [ ] Yes [✓] No *If YES, Please answer the following:*

For how many days did you feel tired or with lack of energy in the last week [ ] 1 day [ ] 2 days [ ] 3 days [ ] > 3 days

Did you feel tired or with lack of energy for more than 3 hs in some days last week? [ ] 1 hour [ ] 2 hours [ ] 3 hours [ ] > 3 hours

Did you feel so tired that you had to make some effort to do things last week [ ] Yes [ ] No

Did you feel tired or with lack of energy doing things you like last week [ ] Yes [ ] No

SELF-REPORTING QUESTIONNAIRE (SRQ-20)

1.Do you have trouble thinking clearly?	[ ] Yes	[✓] No	11.Is your digestion not good?	[ ] Yes	[✓] No
2.Do you find it hard to like your daily work?	[ ] Yes	[✓] No	12.Do you have unpleasant sensations in your stomach	[ ] Yes	[✓] No
3.Do you find difficult taking decisions?	[ ] Yes	[✓] No	13.Do you get scared easily?	[ ] Yes	[✓] No
4.Is your daily work a suffering?	[ ] Yes	[✓] No	14.Do you feel nervous, tense or worried?	[ ] Yes	[✓] No
5.Do you feel tired all the time?	[ ] Yes	[✓] No	15.Do you feel unhappy?	[ ] Yes	[✓] No
6.Are you easily tired?	[ ] Yes	[✓] No	16.Do you cry more than usual?	[ ] Yes	[✓] No
7.Do you have frequent headaches?	[ ] Yes	[✓] No	17.Has the thought of ending your life been on your mind?	[ ] Yes	[✓] No
8.Do you feel lack of hunger?	[ ] Yes	[✓] No	18.Do you find it difficult to perform your work?	[ ] Yes	[✓] No
9.Do you sleep badly?	[ ] Yes	[✓] No	19.Have you lost interest in things?	[ ] Yes	[✓] No
10.Do your hands tremble?	[ ] Yes	[✓] No	20.Do you feel you're worthless?	[ ] Yes	[✓] No

Date: 10/07/2025

Peace Land Clinic Mukhaizna

Candidate/Employee Signature

RESPIRATORY PROTECTION QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Position
50361681	10394	FOREMAN

Patient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

Nationality	Age	Sex	Location
			HAIMA

RESPIRATORY PROTECTION MEDICAL EVALUATION QUESTIONNAIRE - OSHA

Do you use a respirator? [ ] YES [ ] NO What type: ☐ Disposible mask ☐ Cartidge Mask ☐ SCBA

1. Do you currently smoke tobacco, or have you smoked tobacco in the last month? [ ] YES [ ] NO

2. Have you ever had any of the following conditions?

[ ] YES [ ] NO a. Seizures
[ ] YES [ ] NO b. Diabetes (sugar disease)
[ ] YES [ ] NO c. Trouble smelling odors
[ ] YES [ ] NO d. Allergic reactions that interfere with your breathing
[ ] YES [ ] NO e. Claustrophobia (fear of closed in places)

3. Have you ever had any of the following pulmonary or lung problems?

[ ] YES [ ] NO a. Asbestosis
[ ] YES [ ] NO b. Asthma
[ ] YES [ ] NO c. Chronic bronchitis
[ ] YES [ ] NO d. Emphysema
[ ] YES [ ] NO e. Pneumonia
[ ] YES [ ] NO f. Tuberculosis
[ ] YES [ ] NO g. Silicosis
[ ] YES [ ] NO h. Lung cancer
[ ] YES [ ] NO i. Broken ribs
[ ] YES [ ] NO j. Pneumothorax (collapsed lung)
[ ] YES [ ] NO k. Any chest injuries or surgeries
[ ] YES [ ] NO l. Any other lung problem that you have been told about

4. Do you currently have any of the following symptoms of pulmonary or lung illness?

[ ] YES [ ] NO a. Shortness of breath
[ ] YES [ ] NO b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline
[ ] YES [ ] NO c. Shortness of breath when walking with other people at an ordinary pace on level ground
[ ] YES [ ] NO d. Have to stop for breath when walking at your own pace on level ground
[ ] YES [ ] NO e. Shortness of breath when washing or dressing yourself
[ ] YES [ ] NO f. Shortness of breath that interferes with your job
[ ] YES [ ] NO g. Coughing that produces phlegm (thick sputum)
[ ] YES [ ] NO h. Coughing that wakes you early in the morning
[ ] YES [ ] NO i. Coughing that occurs mostly when you are lying down
[ ] YES [ ] NO j. Coughing up blood in the last month
[ ] YES [ ] NO k. Wheezing
[ ] YES [ ] NO l. Wheezing that interferes with your job
[ ] YES [ ] NO m. Chest pain when you breathe deeply
[ ] YES [ ] NO n. Any other symptoms that you think may be related to lung problems

5. Have you ever had any of the following cardiovascular or heart problems?

[ ] YES [ ] NO a. Heart attack
[ ] YES [ ] NO b. Stroke
[ ] YES [ ] NO c. Angina
[ ] YES [ ] NO d. Heart failure
[ ] YES [ ] NO e. Swelling in your legs or feet (not caused by walking)
[ ] YES [ ] NO f. Heart arrhythmia
[ ] YES [ ] NO g. High blood pressure
[ ] YES [ ] NO h. Any other heart problems that you've been told about

6. Have you ever had any of the following cardiovascular or heart symptoms?

[ ] YES [ ] NO a. Frequent pain or tightness in your chest
[ ] YES [ ] NO b. Pain or tightness in your chest during physical activity
[ ] YES [ ] NO c. Pain or tightness in your chest that interferes with your job
[ ] YES [ ] NO d. In the past two years, have you noticed your heart skipping or missing a beat
[ ] YES [ ] NO e. Heartburn or indigestion that is not related to eating
[ ] YES [ ] NO f. Any other symptoms that you think might be related to heart

7. Do you currently take medication for any of the following problems?

[ ] YES [ ] NO a. Breathing or lung problems
[ ] YES [ ] NO b. Heart trouble
[ ] YES [ ] NO c. Blood pressure
[ ] YES [ ] NO d. Seizures (fits)

8. If you've used a respirator, have you ever had any of the following problems?

[ ] YES [ ] NO a. Eye irritation
[ ] YES [ ] NO b. Skin allergies or rashes
[ ] YES [ ] NO c. Anxiety
[ ] YES [ ] NO d. General weakness or fatigue
[ ] YES [ ] NO e. Any other problem that interfes with your use of a respirator

Date: 10/07/2025

Peace Land Clinic Mukhaizna

Candidate/Employee Signature

OQ - Occupational Health Department

Form Review - 02 Nov/2021

HEARING CONSERVATION QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #
15036168	10394

Nationality	Age	Sex
		M

Patient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

Position	Location
FOREMAN	HAIMA

HEARING CONSERVATION MEDICAL EVALUATION QUESTIONNAIRE - OSHA

Do you use hearing protection? [ ] YES [✓] NO What type: ☐ Earplugs ☐ Ear Muffs ☐ Double HP

1 - Have you been out of noise for the past 14-16 hours? [✓] YES [ ] NO
If NO, did you use hearing protection while in the noise? [ ] YES [ ] NO

2 - Check ALL of the following activities that you have done or do:

[ ] Hunting [ ] Car races [ ] Skeet shooting [ ] Woodwork [ ] Target shooting
[ ] Power tools [ ] Mower [ ] Concerts / Band [ ] Welding [ ] Air compressor
[ ] Construction [ ] Scuba diving [ ] Tractor (open or closed cab)

Have you ALWAYS used hearing protection when participating in the above activities? [ ] YES [ ] NO

3 - Check ALL that you have experienced:

[ ] Ear Fullness [ ] Ear Infections [ ] Ear Surgery [ ] Head Injury [ ] Chemotherapy
[ ] Ringing in the ears [ ] Ear Pain [ ] Earwax buildup [ ] Intravenous Antibiotics [ ] Hole in the Eardrum
[ ] Ear Drainage [ ] Dizziness

4 - Check ALL that you have had/suffered from:

[ ] Meningitis [ ] Diabetes [ ] Measles [ ] Syphilis [ ] Chickenpox [ ] Mumps [ ] Chronic ear infections
[ ] Hypertension [ ] Renal Failure [ ] Tuberculosis [ ] Previous surgery [ ] Thyroid Problems [ ] Trauma to head/ ear canal / tympanic membrane

5 - Check ALL that you are currently suffering from:

[ ] Sinusitis [ ] Cold/Flu [ ] Ear Infection [ ] Allergic rhinitis

6 - Do you have documented Hearing Loss? [ ] YES [✓] NO
If Yes: Which Ear(s)? [ ] Right Ear [ ] Left Ear [ ] Both Ear Who performed your hearing test?

7 - Have you EVER worn Hearing Aids? [ ] YES [✓] NO
If Yes: Which Ear(s) [ ] Right Ear [ ] Left Ear [ ] Both Ear
What Size? [ ] Behind-the-ear [ ] In-the-ear [ ] In-the-canal [ ] Completely-in-the-canal
What Type? [ ] Analog [ ] Digital
Who fit your hearing aids? [ ] Licensed Audiologist [ ] Hearing Aid Dealer [ ] Don't Know
When did you receive your hearing aids?

8 - Have you ever served in the military? [ ] YES [✓] NO
If yes, check division [ ] Arm [ ] Navy [ ] Air Force [ ] Marines [ ] National Guard Date ___/___/___
Do you have medical disability through the Veterans Administration (VA) for hearing loss or tinnitus? [ ] YES [ ] NO
If yes, how much? _____% What is your TOTAL VA disability? _____%

9 - Are you currently using any medication [ ] YES [✓] NO Which one?

10 - What kind of transport do you regularly use? [✓] Car [ ] Bus [ ] Motocycle [ ] Walking

Date: 10/07/2025

Peace Land Clinic Mukhaizna

Candidate/Employee Signature

PHYSICAL ASSESSMENT FORM

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Position
15036168	10394	FOREMAN

Nationality	Age	Sex	Location
			HALMA

Patient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

VITAL SIGNS

Height: 170 cm | Weight: 72 Kg | BMI: 24.9 | Blood Pressure: 130/80 mmHg
Pulse: 74 /min | Medical Practitioner Name: | Signature:

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

VISUAL SYSTEM

	Right Uncorrected	Left Uncorrected	Right Corrected	Left Corrected	Both Uncorrected	Both Corrected
Visual Acuity Test	6/6	6/6			6/6	

Colour Vision Test: Ishihara — # of Plates passed | Inform the Plates # failed | ☑ Normal ☐ Abnormal
Visual Field Test: ☑ Normal ☐ Abnormal
Stereoscopic Vision Test: ☐ Normal ☐ Abnormal
Date of Examination: 10/07/2025 Medical Practitioner Name: Signature:

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

RESPIRATORY SYSTEM

[1] Spirometry Test

Smoking Status: ☑ Never ☐ Ever Used ☐ Current
Patient's Posture During Test: ☐ Standing ☑ Sitting
Diagnosis: ☐ Asthma ☐ COPD ☐ Other
Nose Clips Used: ☐ Yes ☐ No

Acceptability Criteria (select all what is applicable)
☐ Free from artifacts
☑ Good start
☐ Satisfactory exhalation
☐ NOT satisfactory

Repeatability Criteria (select all what is applicable)
☑ 3 acceptable curves FEV1 values AND FVC values within 0.15L (150 ml)
☐ Total of THREE to EIGHT tests performed
☐ The patient CAN NOT or SHOULD NOT continue

The Patient Demonstrated: ☑ Good Effort ☐ Difficulty following instructions ☐ Ability to obtain only one good effort ☐ Poor Effort ☐ Cooperation
Date of Examination: 10/07/2025 Medical Practitioner Name: Signature:

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

[2] Chest Shape and Movement

☐ Normal ☐ Abnormal ☐ Not Examined — If abnormal, describe below:

[3] Air Entry in Both Lungs

☑ Normal ☐ Abnormal ☐ Not Examined — If abnormal, describe below:

[4] Breath sounds

☑ Normal ☐ Abnormal ☐ Not Examined — If abnormal, describe below:

Date of Examination: 10/07/2025 Physician Name: Signature:

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

ENT SYSTEM

[1] Otoscopy

	Right	Left
Ear Canal Collapse	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Not Exam
Drainage	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Unknown
Perforation	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Not Exam
Cerumen	☑ None ☐ Some / ☐ A lot ☐ Impacted / ☐ Not Exam	☑ None ☐ Some / ☐ A lot ☐ Impacted / ☐ Not Exam

	Right	Left
Eardrum Position	☑ Normal ☐ Retracted ☐ Bulging ☐ Not Exam	☑ Normal ☐ Retracted ☐ Bulging ☐ Not Exam
Eardrum Vascularity	☑ Normal ☐ Considerable ☐ Mild ☐ Not Exam	☑ Normal ☐ Considerable ☐ Mild ☐ Not Exam

[2] Hearing Test

Whisper Test	☑ Normal ☐ Abnormal ☐ Not Exam
Rinne Test	☐ Normal ☐ Abnormal ☐ Not Exam
Weber Test	☐ Normal ☐ Abnormal ☐ Not Exam
Audiometry Done	☑ Yes ☐ No
Hearing Questionnaire verified	☑ Yes ☐ No

Audiologyst Name:
Signature:

Peace Land Clinic Mukhaizna

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

PHYSICAL ASSESSMENT FORM

'atient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

ENT SYSTEM

[2] Nose Assessment
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[3] Throat Assessment
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

CARDIOVASCULAR SYSTEM

[1] Heart Sounds
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[2] Heart Murmurs
☐ Present ☑ Absent ☐ Not Examined
If present, describe below:

[3] Peripheral Pulses
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[4] Peripheral Veins
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

NEUROLOGICAL SYSTEM

[1] Mental Status
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[2] Cranial Nerves
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[3] Motor System
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[4] Reflexes
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[5] Sensory System
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[6] Coordination, Station, Gait
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

MUSCULOSKELETAL SYSTEM

[1] Hand and Wrist
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[2] Elbow and Shoulder
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[3] Hip
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[4] Knees
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[5] Foot and Ankle
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[6] Spine and Back
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

OTHER

[1] Skin, Extremities
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[2] Head & Neck
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[3] Mouth and Teeth
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[4] Hernial Orifices
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[5] Abdominal Organs
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

[6] Lymph Nodes
☑ Normal ☐ Abnormal ☐ Not Examined
If abnormal, describe below:

DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

Date of Examination: 10/07/2025 Physician Name:

Signature:

OD - Occupational Health Department

Form Head – Occupational Health

Peace Land Clinic Mukhaizna

Peaceland Medical Service LLC, Mukhaizna
CR No.:2/13627/9, P.O.Box: 1403,
Postal Code: 133,
Occidential Camp Mukhaizna, Sultanate of Oman

PATIENTDETAILS :

Patient ID	: 19823	Doc No	: 14311
Name	: JULAND NASR HAMED ALAMRI	Doc Date	: 2025-07-10T18:16:00
Age	: 28Y	Bill No	: 36243
Gender	: Male	Date	: 10/07/2025 18:16 PM
Nationality	: OMANI	Customer	: TRUCKOMAN OIL & GAS SERVICES
GSM No	: 99131366	Ref.by	: DR.HAMMAD ISMAIL

TEST RESULT : OQ-001 OQ MEDICAL CHECKUP

Test	Result	Normal Range	Detailed Description
OQ MEDICAL CHECKUP			
BLOOD GROUP & Rh TYPING	'A' Positive		
COMPLETE BLOOD COUNT			
RBC	6 Million/c	Male 4.5 - 6.0 million /cu Female 4.5 - 5.5 million/cu	
HAEMOGLOBIN	14.8 gm %	Male 13 - 18 gm % Female 11 - 15 gm %	
HCT	45 %	Male 42 -52 % Female 37 -47 %	
MCV	75 fl	76 - 96 fl	
MCH	23 pg	27 - 33 pg	
MCHC	33 %	32 36 %	
WBC COUNT	5500 cells/cumm	4000 - 11 000 cells / cu mm	
DIFFERENTIAL COUNT			
NEUTROPHIL	54 %	40-75 %	
LYMPHOCYTE	42 %	20-45 %	
EOSINOPHIL	1 %	1-6 %	
MONOCYTE	3 %	2-8%	
BASOPHIL	0 %	0-1%	
ESR	1	Male 0 - 15 mm / 1st hour Female 0 - 20 mm / 1st hour	
PLATELET	2.7 lakhs/cumm	1.5 - 4.5 lakhs / cu mm	
Sickle cells (Screen)	Negative		
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	77 u/l	44-147 U/ L	
T. BILIRUBIN	0.3 mg / dl	up to 2.0 mg/dl	
DIRECT BILIRUBIN	0.2 mg / dl	up to 0.4 mg /dl	
IINDIRECT BILIRUBIN	0.1 mg / dl	up to 1.6 mg /dl	
S.G.O.T.	12 u/l	Male 0-50 u/l Female 0-41 u/l	
S.G.P.T.	23 u/l	Male 0-45 u/l Female 0-32 u/l	
T. PROTEIN	8 g /dl	New born 5.2 - 9.1 g /dl Children 5.4 - 8.7 g /dl Adult 6.7 - 8.7 g /dl	
ALBUMIN	4 g / dl	3.6 - 5.5 g/dl	
RENAL FUNCTION TEST			

Peaceland Clinic Mukhaizna

Reported By:
Lab Technician
Sr. Lab Technologist
Printed at: 10/07/2025 18:26:20

Verified By:
Lab Technician
Sr. Lab Technologist
Signed at: 10/07/2025 18:26:20

Approved By:
Lab Technician
Sr. Lab Technologist

Test	Result	Normal Range	Detailed Description
UREA	35 mg / dl	10-50 mg /dl	
S.CREATININE	0.9 mg / dl	0.7 - 1.2 mg /dl	
S.URIC ACID	6.2 mg / dl	3.4 - 7.2 mg /dl	
LIPID PROFILE			
Total Cholesterol	161 mg/dl	Normal < 200 mg/dl Border line : 200 -239 mg / dl High > 240 mg / dl	
Triglyceride	125 mg/dl	Normal 0.0 - 150 mg/dl	
HDL - CHOL	55 mg/dl	35.0 - 79.0 mg /dl	
LDL - CHOL	81 mg/dl	< 130 mg/dl	
VLDL	25 mg/dl	2-30 mg/dl	
NON HDL CHOLESTEROL	106 mg/dl	Less than 130mg/dl	
FASTING BLOOD SUGAR	97 mg/dl	70 - 110 mg/dl	
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5 ml		
Colour	Pale yellow		
Sp. Gravity	1.020		
pH	Acidic		
Appearance	Clear		
CHEMICAL	0		
Nitrite	Negative		
Protein	Negative		
Glucose	Negative		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC.			
PUS_CELLS	1-2		
EPITHELIAL CELLS.	1-2		
RBCS	1-2		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA.	NIL		
OTHERS.	NIL		
URINE DRUG SCREEN			
OPIATE (URINE)	Negative		
MORPHINE (URINE)	Negative		
COCCAINE (URINE)	Negative		
AMPHETAMINE (URINE)	Negative		
BENZODIAZEPINES (URINE)	Negative		
PHENCYCLIDINE (URINE)	Negative		
METHAMPHETAMINE (URINE)	Negative		
TRAMADOL (URINE)	Negative		
BARBITURATES (URINE)	Negative		
TRICYCLIC ANTIDEPRESSANTS (URINE)	Negative		
METHADONE (URINE)	Negative		
ALCOHOL TEST	Negative		

Remarks:

Peace Land Clinic Mukhaizna

12 Channel + 1 Rhythm Report Hosp:

Prescribed by:

Patient:19823 Reg.Dt: 10/07/202
Name: JULAND NASR HAMED ALAMRI
Gender: Male Nationality: OMAN
Age: 28Y Mar. Status: Marrie
Address:

Heart Rate: 70 bpm
PR/RR Int.:152/857 ms
QRS Dur: 104 ms
QT/QTc: 376/402 ms
P-R-T axes: 17 53 -4
SV1/RV5/R+S:0.43/2.05/2.48mV

** Analysis Result ** (To be finally confirmed by physician)
Normal Sinus Rhythm
[Normal ECG]

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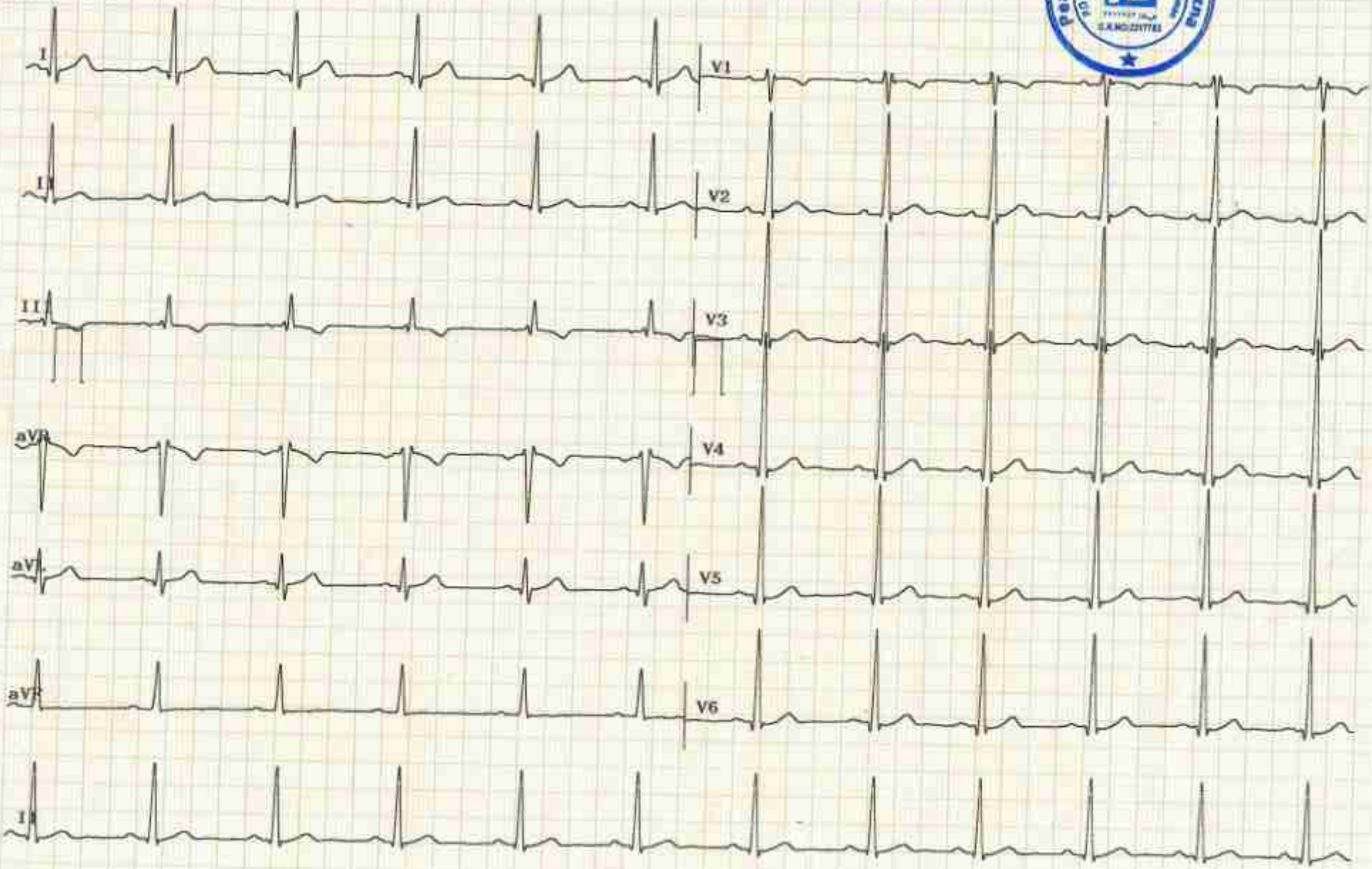


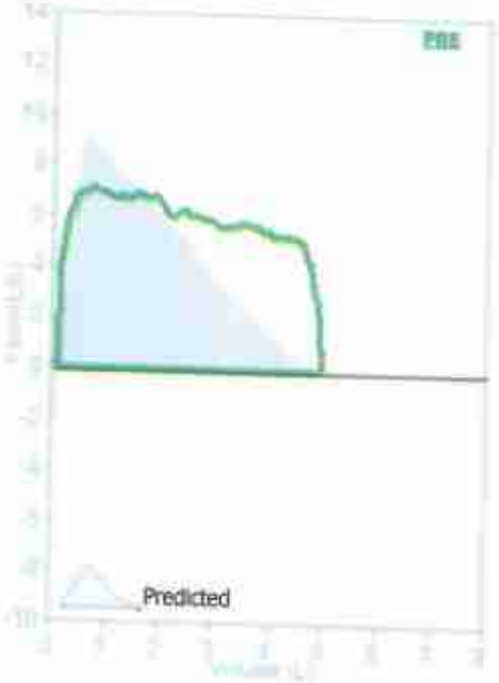
Base:0.2Hz LPF:100Hz AC:50Hz EMG:On 10.0mm/mV 25.0mm/sec EKG2000 6.00/3.24 Bionet Co., Ltd.

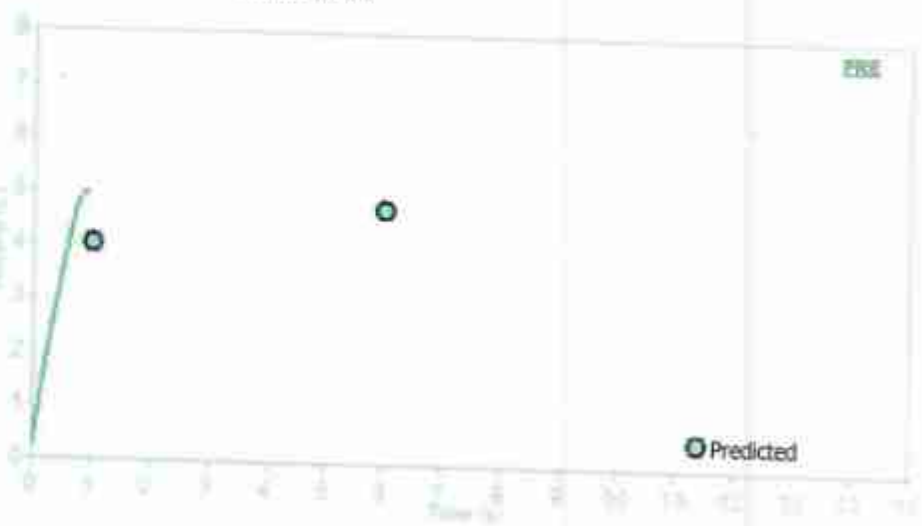
Pulmonary Function Test Results

Visit date 07/08/2023

Patient code	15036168	Age	28
Surname	AL AMRI	Gender	Male
Name	JULAND NASR HAM	Height, cm	170
Date of birth	16/09/1996	Weight, kg	72
Ethnic group	Caucasian	BMI	24.91
Smoke	No smoker	Pack-Year	
Patient group			

FVC FEV1 FEV1%





Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 10/07/2025 09:36:27

Parameters		LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	3.72	4.72	4.99*	106	0.44	4.99			*		
FEV1	L	3.17	4.01	4.99*	125	1.93	4.99			*		
FEV1/FVC	%	70.4	82.2	100.0*	122	2.48	100.0			*		
PEF	L/s	7.39	9.38	7.14*	76	-1.85	7.14			*		
ELA	Years		28									
FEF2575	L/s	3.08	4.79	6.13	128	1.28	6.13					
FET	s		6.00	0.92	15		0.92					
FIVC	L	3.72	4.72									
FEV1/VC	%	70.4	82.2									

*Best values from all loops - BTPS 1.073 29 °C (84.2 °F) - Predicted ERS (ECCS) / Zapletal

Conclusion / Medical report

Signature

Peace Land Clinic Mukhaizna

Instrument used
Minispir S S/N C16043

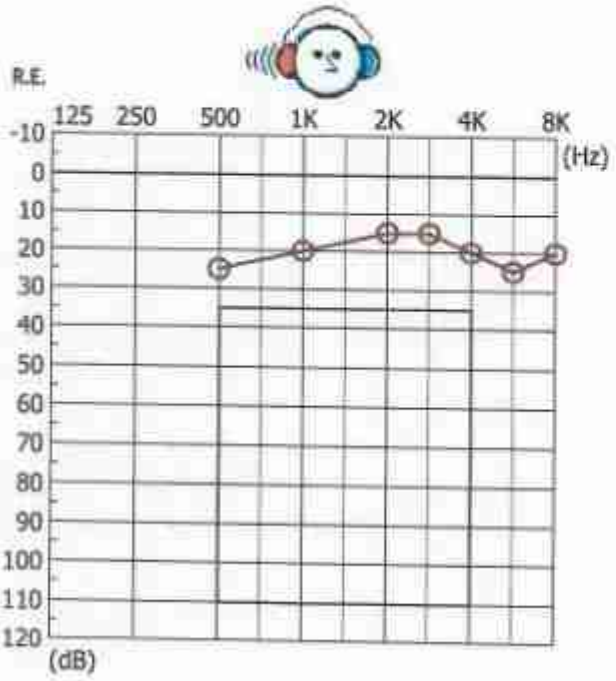
MIR

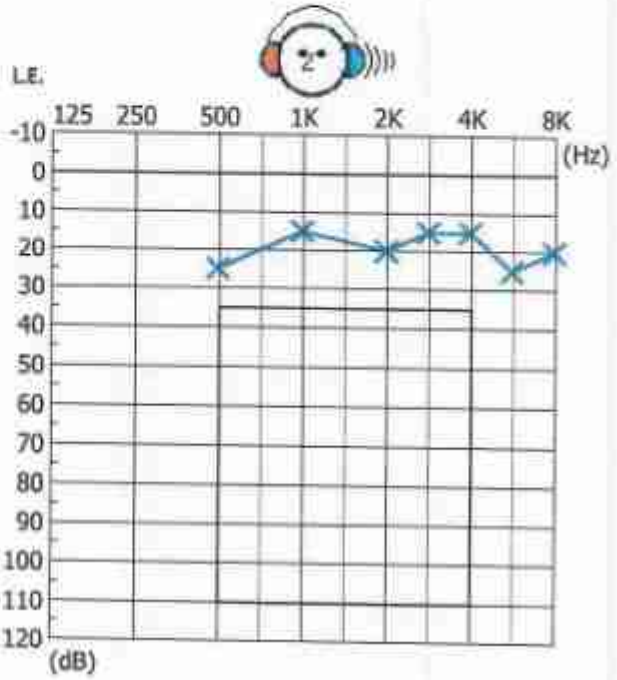
AUDIOMETRY REPORT

'atient:19823 Reg.Dt: 10/07/202
lame: JUUAND NASR HAMED ALAMRI
ender: Male Nationality: OMAN
ge: 28Y Mar. Status: Marrie
ddress:

SIBELMED W50

Test date: 10/07/2025
Reference: 15036168
Technician:
Reason:
Origin:
Equipment:
Device serial numb.:
Flash Version:





MINISTRY OF LABOUR AND SOCIAL AFFAIRS

	R.E.	L.E.
Hearing Loss (%)	0.0	0.0
Average dBs	18.8	18.8
Bilateral Loss (%)	0.0	

No Masking	R.E.	L.E.	With Masking	R.E.	L.E.
Air	O	X	Air	△	□
Bone	<	>	Bone	[	]
F.Field	⊠	⊠			
No response	O↘	X↘			

Right ear Normal
Left ear Normal

COMMENTS:

Peace Land Clinic Mukhaizna

Printing Date: 10/07/2025

Sibelmed

Patient Id	Patient Name	Age/Sex	Procedure Date	Referring Dr
19823	JULAND NASR HAMED AL AMRI.	28Y/M	10-07-2025	

DIGITAL X-RAY CHEST PA VIEW

FINDINGS:

Trachea and mediastinum in midline.

Both lung fields show normal bronchovascular markings.

Cardiothoracic ratio is within normal limits.

Both cardiophrenic and costophrenic angles are free.

Both domes of diaphragm are normally placed.

Bony ribcage and soft tissue structures appear normal.

IMPRESSION:

- **NO ABNORMALITIES DETECTED**

Peace Land Clinic Mukhaizna

Dr. K. VIJAYAKUMAR
MBBS, DMRD
Radiologist
MOH Lic No.: 7560

Dr. Kumaresan Vijayakumar
MBBS, DMRD
Radiologist
MOH Lic No.: 7560

nmc specialty hospital, al ghoubra

P.O BOX : 613, Postal Code : 133
AL-GHOUBRA
24504000

Fitness Certificate

Empno:
Date of issue : *13/07/2025*

Ref No : *0000055/FIT/NMC/2025*

This is to certify that Mr. / Mrs. *JULAND NASR HAMED AL AMRI* with file no *14487125* and Resident card no. *15036168* was *Examined* at *nmc specialty hospital, al ghoubra* on *13/07/2025* and will be *FIT TO WORK* from the medical point of view starting from *13/07/2025*

DIAGNOSIS
Z02.1-Encounter For Pre-Employment Examination

Remarks
FIT TO WORK

DR MUHAMMAD SIDDIQUI

Place: *nmc specialty hospital, al ghoubra*

(Hospital Seal)

Signature

Right Atrium: The right atrium is normal in size and function.
ASD/VSD: Interatrial and interventricular septum intact.
Aortic Valve: The aortic valve is trileaflet, and appears structurally normal. No aortic stenosis or regurgitation.
Mitral Valve: Normal appearing mitral valve. No mitral regurgitation.
Tricuspid Valve: The tricuspid valve appears structurally normal. No regurgitation noted
Pulmonic Valve: The pulmonic valve is normal. There is no pulmonic regurgitation present.
Aorta: The aortic root size is normal.

Conclusions

1. The left ventricular size is normal.
2. There is borderline concentric left ventricular hypertrophy.
3. There is normal global left ventricular contractility.
4. Overall left ventricular systolic function is normal with, an EF between 60 - 65 %.
5. No regional wall motion abnormalities were noted.

DR MUHAMMED KAMRAN SIDDIQUI
SPECIALIST CARDIOLOGIST

13/07/2025

Print Date: 13/07/2025

nmc specialty hospital

ECHOCARDIOGRAPHIC REPORT : NMC SPECIALTY HOSPITAL

REPORT

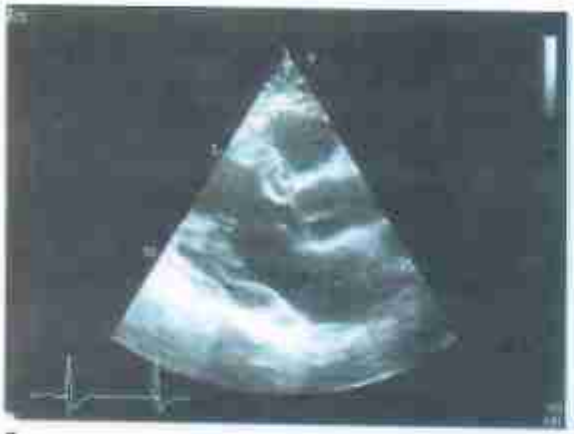
Name **JULAND NASR HAMED AL AMRI 28Y,**
Patient Id **14487125**
Age
Gender **Male**
Date **13/07/2025**

2-D	
IVSd	1.2 cm
LVIDd	4.5 cm
EDV(Teich)	91 ml
LVPWd	1.1 cm
IVSs	1.3 cm
%IVS Thck	11 %
LVIDs	3.1 cm
ESV(Teich)	37 ml
EF(Teich)	60 %
ESV(Cube)	29 ml
EF(Cube)	68 %
%FS	32 %
SV(Teich)	54 ml
SV(Cube)	61 ml
LVPWs	1.7 cm
%LVPW Thck	53 %
LVe Mass	182.40 g
LVs Mass (ASE)	157.40 g
LA Diam	4.2 cm
Ao Diam	2.9 cm

M-Mode

Doppler	
MV E Vel	0.80 m/s
MV DecT	213 ms
MV Dec Slope	3.8 m/s²
MV A Vel	0.39 m/s
MV E/A Ratio	2.07
E'	0.11 m/s
E/E'	7.65
AV Vmax	1.12 m/s
AV maxPG	5.01 mmHg
TR Vmax	1.81 m/s
TR maxPG	13.03 mmHg

1



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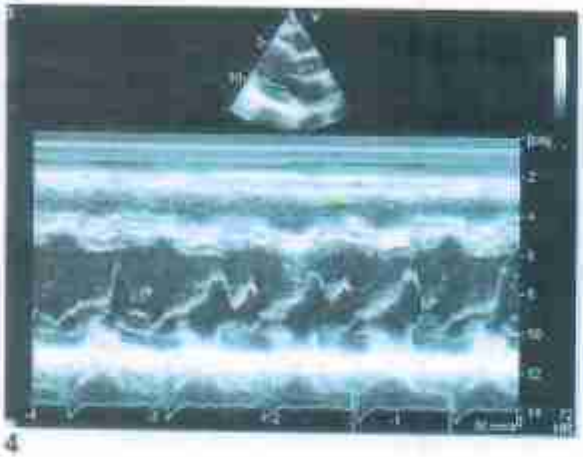

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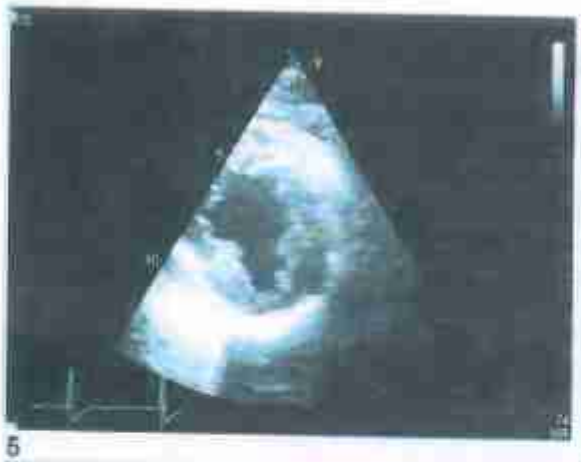
Print Date: 13/07/2025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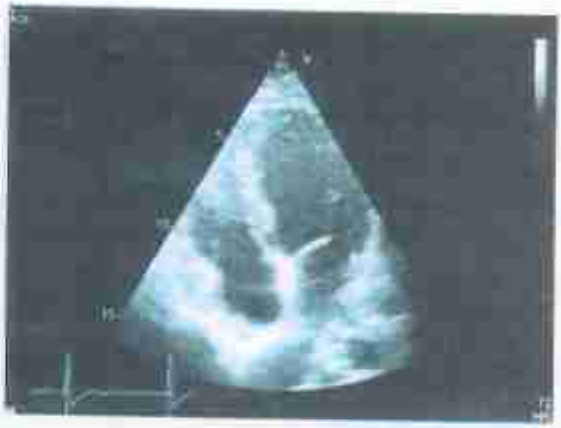
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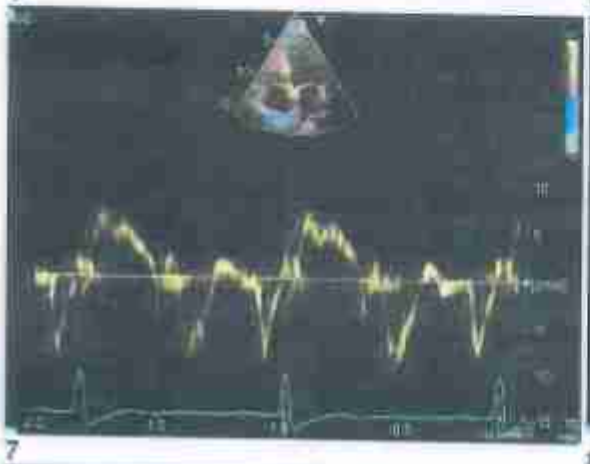
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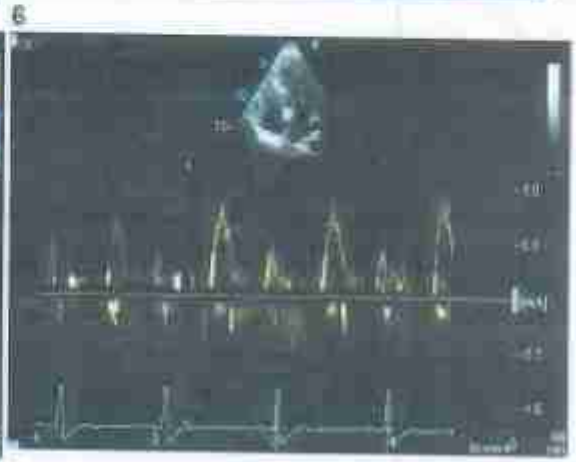
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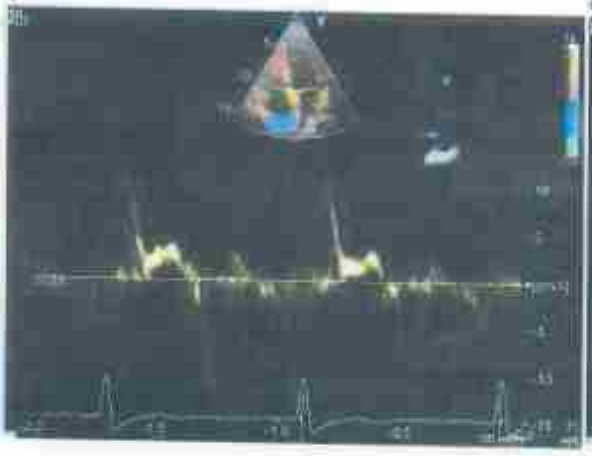

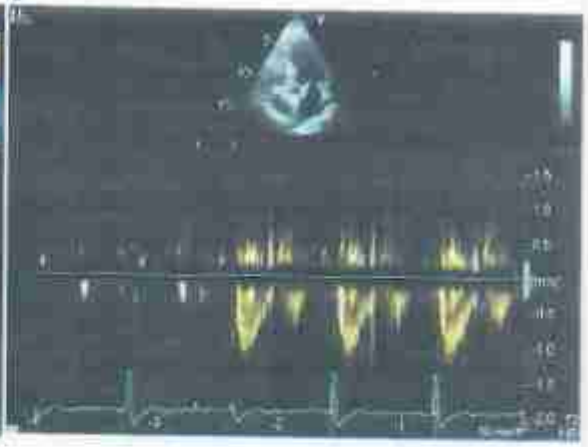

Findings

ECG rhythm: Sinus rhythm.

Study quality: This was a technically adequate study.

Left Ventricle: The left ventricular size is normal. There is borderline concentric left ventricular hypertrophy. There is normal global left ventricular contractility. Overall left ventricular systolic function is normal with, an EF between 60 - 65 %. No regional wall motion abnormalities were noted.

Right Ventricle: The right ventricle is normal in size and function.

Left Atrium: The left atrium is normal in size.

13/07/2025

Print Date: 13/07/2025