

Medical Fitness Certificate

Name of the Examined employee: MUHAMMAD LUQMAN BASHIR
MUHAMMAD

Age: 33

ID NUMBER: 87977337

Job Title:

Date of Medical Examination: 19.11.2020

Examining Physician: DR. KAJAL JOSHI

Medical Centre: APOLLO HOSPITAL MUSCAT

Company:

Assessment Result:**Fit to work without restrictions**

This Certificate is valid for 2 years from the date of medical examination

Fitness Classifications:

- Fit to work without restrictions
- Fit to work with restriction
- Unfit to work Temporarily or Definitely

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 geomarkethealth 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 Geomarket 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.

Examining Physician Stamp and signature



Hospital/Clinic Seal



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name:	Mohamed Luqman	
		GIN #	87977337	
Place of examination	Date	Mobile #		
Apollo Hospital	19/11/2020	87 95236295		
Age: 33	Nationality: Pakistan	Blood Group	B neg	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number of children: 1		
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)				
	Y	N		Y
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		☒		
HAVE YOU EVER BEEN:-				
40. Rejected for employment or insurance for medical reasons				
41. Awarded benefits for industrial injury/illness				
42. Treated for a mental condition, e.g. depression				
43. Treated for problem drinking or drug abuse				
44. Exposed to toxic substance or noise				
FOR WOMEN ONLY				
Have you ever had:-				
45. An abnormal smear				
46. Any gynaecological treatment				
47. Are you pregnant?				
48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE				
How much tobacco each day?				
Average daily alcohol consumption				
Have you ever taken illicit drugs? (x)				
FAMILY HISTORY: Diabetes (x) Tuberculosis (x) Epilepsy (x) Asthma (x) Eczema (x)				
Heart disease (x) High blood pressure (x) Stroke (x) Blood Disease (x) Cancer (x)				
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: 19/11/2020				
Signature of Applicant: 				

CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EXAMINING PHYSICIAN

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N'
Speech:		Whisper test:	
Near Vision Right eye:	N/6	Near Vision Left eye:	N/6
Distant Vision Left eye:	6/6	Distant Vision Right eye:	6/6
Height: 175 cm	Weight: 91.4 kg	BMI: 29.8	BP: 120/80
			Pulse: 64/m
Body System/Organ	N	A	Abnormality if any
Eyes and pupils	/		
Ear/nose/throat	/		
Teeth and mouth	/		
Lungs and chest	/		
Cardiovascular	/		
Abdomen	/		
Hernial orifices	/		
Anus and rectum	/		
Genito-urinary	/		
Extremities	/		
Musculoskeletal	/		
Skin/varicose viens	/		
Neurological	/		
Mental fitness	/		
Breast	/		

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: MUHAMMAD LUQMAN	Age: 33	Sex: M	Company: TRUCKOMAN	GIN:
BASHIR MUHAMMAD				

Past Medical History:		Blood Group:
Allergies:		
Vaccination	Date of Initial Injection	Booster Due Date
Hepatitis A:		
Hepatitis B:		
Typhoid Fever		
Influenza		

Tests Results	
Audiogram:	NORMAL
DSU 5 Panel	NEGATIVE

ECG:	NORMAL
Chest X-Ray	NORMAL (as per physician)

Blood Investigations:					
RBCs	6.04	4.20-6.30 X10 ⁶ /UL	SGOT	29	Male 10-60 Female 10-35 U/L
WBCs	10.01	4.0-11.0 X10 ³ /UL	SGPT	39	Male Up to 41 Female 10-35 U/L
NEUTRO	44.60	37-72%	GGT	60	0-60 U/L
EOSINO	4.20	0-6%	FBS:	87	60-110 mg/dl
BASO	0.60	0-1%	CHOLESTEROL:	213	Up to 200 mg/dl
LYMPHO	42.40	10-58%	HDL	42	20-60 mg/dl
MONO	8.20	0-14%	LDL	122	Upto 130 mg/dl
HEMATOCRIT	48.50	37-51%	TRIGLYCERIDES	247	35-175 mg/dl
HEMOGLOBIN	16.10	Male: 13.5-18.0 Female: 11.5-16.0 g/dl	CREATININE	0.60	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	05	Male: 0-10 mm/hr Female: 0-20 mm/hr	SICKLE CELL	NEGATIVE	

Urine Analysis			
Blood	NEGATIVE	Sugar	NEGATIVE
Albumin	NEGATIVE	Others	NORMAL

Stool Analysis			
Parasites	NIL	Blood:	NIL

Comments	Hyperlipidemia. Advised diet control and regular exercise.
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Examining Physician:

Dr. KAJAL JOSHI
MEDICAL OFFICER
MOH Licence No.: 19002
APOLLO HOSPITAL MUSCAT

Hospital/Clinic Seal



Fitness to Work Certificate

Employee Data		Date 17/11/2020	
Name MUHAMMAD LUGMAN BASHIR MUHAMMAD		Department/Company	
I.D No. 87977337	Age 33	Occupation	
Type of Medical Evaluation		Mark those applying ✓	
A5 Crane or forklift driving & all heavy vehicles		A7 Professional driving	
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			
Pulling, 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			
 Signature		Date 19/11/2020	


DR. KAJAL JOSHI
 Medical Officer
 Apollo Hospital Muscat





Appendix 20: (Form SQ5): Epworth Screening Quest. For Sleep Apnoea

Employee Data		Date: 19/11/2020
Name: MUHAMMAD LUQMAN BASHIR MUHAMMAD		Department/Company:
I. D No. 87977337	Tel # 95236295	Occupation :

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
1	watching TV
1	sitting inactive in a public place (e.g. theatre or meeting)
2	as a passenger in the car for an hour without a break
2	Lying down to rest in the afternoon when circumstances permit
0	Sitting and talking with someone
1	Sitting quietly after lunch without alcohol
0	In a car, while stopped for a few minutes in traffic
Total	7

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: I, MUHAMMAD LUQMAN BASHIR MUHAMMAD (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: [Signature] Date: 19/11/2020



DEPARTMENT OF LABORATORY SERVICES

File No: 0329835
Name: MUHAMMAD LUQMAN BASHIR MUHAMMAD
Address:
Gender: M **Age:** 33 Y **Nationality:** PAKISTANI
GSM No.: 95236295 **ID Card No.:** 87977337
Doctor: DR. RAJESH RAJENDRAN

Report No: 0442156
Sample Date: 19/11/2020 **Time:** 11:47
Received Date: 19/11/2020 **Time:** 11:47
Report Date: 19/11/2020 **Time:** 12:23
Bill No: 0938050 **Bill Date:** 19/11/2020
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	87 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	05 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.60 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	10.01 $10^3/uL$	4.0-11.0x $10^3/mm^3$
RBC	6.04 $10^6/uL$	4.20 - 6.30 $10^6/uL$
HGB	16.10 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	48.50 %	37.0 - 51.0 %
MCV	80.30 fL	80.0 - 97.0 fL
MCH	26.70 pg	26.0 - 32.0 pg
MCHC	33.20 g/dL	31.0 - 36.0 g/dL
RDW	12.00 %	11.0 - 14.5 %
NEUT#	4.47 $10^3/uL$	1.50 - 7.00 $10^3/uL$
LYMPH#	4.24 $10^3/uL$	0.60 - 4.10 $10^3/uL$
MONO#	0.82 $10^3/uL$	0.00 - 0.70 $10^3/uL$
EOS#	0.42 $10^3/uL$	0.00 - 0.40 $10^3/uL$
BASO#	0.06 $10^3/uL$	0.00 - 0.10 $10^3/uL$

Reported By:

Verified By:

Ziyad

ZIYAD

Lab Technologist

Lab Technologist

MOH License No: 18339

Printed at: 19/11/2020 12:24:04 PM



Dr. Muhammad Azhar Imam

Dr. Muhammad Azhar Imam
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

File No: 0329635
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INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	44.60 %	37.0 - 72.0 %
LYMPH%	42.40 %	10.0 - 58.5 %
MONO%	8.20 %	0.0 - 14.0 %
EOS%	4.20 %	0.0 - 6.0 %
BASO%	0.60 %	0.0 - 1.0 %
PLATELET	338.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.50 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.08 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.42 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	29 U/L	Men : 10 - 50 U/L Female : 10 - 35 U/L
ALT (SGPT)	39 U/L	Men : Up to 41 U/L Female : 10 - 35 U/L
ALP	93 U/L	Men : 40 - 129 U/L Female : 35 - 104 U/L
Total Protein	7.50 g/dL	6.6 - 8.7 g/dL
Albumin	4.30 g/dL	3.4 - 4.8 g/dL
Globulin	3.2 g/dL	1.8 - 3.6 g/dL
GGT	60 U/L	0 - 50 U/L
A:G Ratio	1.34375	1.1-1.8
LIPID PROFILE		
Total Cholesterol	213 mg/dL	< 200 mg/dL
Triglyceride	249 mg/dL	<150 mg/dl

Reported By:

Verified By:

Ziyad

ZIYAD

Lab Technologist

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INVESTIGATION	RESULT	REFERENCE RANGE
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HDL - CHOL	42 mg/dl	>45 mg/dl
LDL - CHOL	122 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	5	Desirable < 4
URINE DRUG SCREEN		
Amphetamine (AMP)	Negative	Negative
Barbiturates (BAR)	Negative	Negative
Cocaine (COC)	Negative	Negative
Morphine (MOR)	Negative	Negative
Marijuana (THC)	Negative	Negative
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	30 ml	
Colour	Pale yellow	
Sp. Gravity	1.005	
pH	Alkaline	
Appearance	Clear	
CHEMICAL		
Glucose	Negative	
Protein	Negative	
Ketones	Negative	
Blood	Negative	
Bilirubin	Negative	
Urobilinogen	Normal	
Nitrite	Negative	

Reported By:

Verified By:

Ziyad

ZIYAD

Lab Technologist

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Dr. Muhammad Azhar Imam

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Specialist Pathologist



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INVESTIGATION	RESULT	REFERENCE RANGE
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MICROSCOPIC

Pus Cell	2 - 3 Cells/hpf	
RBC	NIL	
Epithelial Cells	Few cells/hpf	
Casts	NIL	
Crystals	NIL	
Others	NIL	

STOOL ROUTINE ANALYSIS

PHYSICAL

Colour	Brownish	
Consistency	Soft	
Reaction	Alkaline	

MICROSCOPIC

Ova:	NIL	
Cyst:	NIL	
Pus Cells:	2-3 Cells/hpf	
RBCs	Nil Cells/hpf	
Others	Nil	

Reported By:

Verified By:

Ziyad

ZIYAD

Lab Technologist

Lab Technologist

MOH License No: 18339

Printed at: 19/11/2020 12:24:04 PM



Dr. Muhammad Azhar Imam

Dr. Muhammad Azhar Imam
Specialist Pathologist

Id:

19/11/2020 12:59:41

Unknown — (—) Unknown

Height: 0 cm Weight: 0 kg BP: 0/0 mmHg

Med:

Tech:

Note:

HR: 64 bpm

PR: 150 ms

QRS: 110 ms

QT/QTcH: 412/419 ms

QTcB: 426 ms

QTcF: 421 ms

R_{max}/S_{min}: 1.33/0.41 mV

Sokol-Lyon: 1.74 mV

Axis: 55/50/-1°

MUHAMMAD LUZMAN BASHIR
MUNAMMAJ.

330/M

FILE NO: 329635



Dep: 25mm/s 10mm/mV LP:40Hz AC:50Hz Cardioline ECG2005 v. 2.11.7693

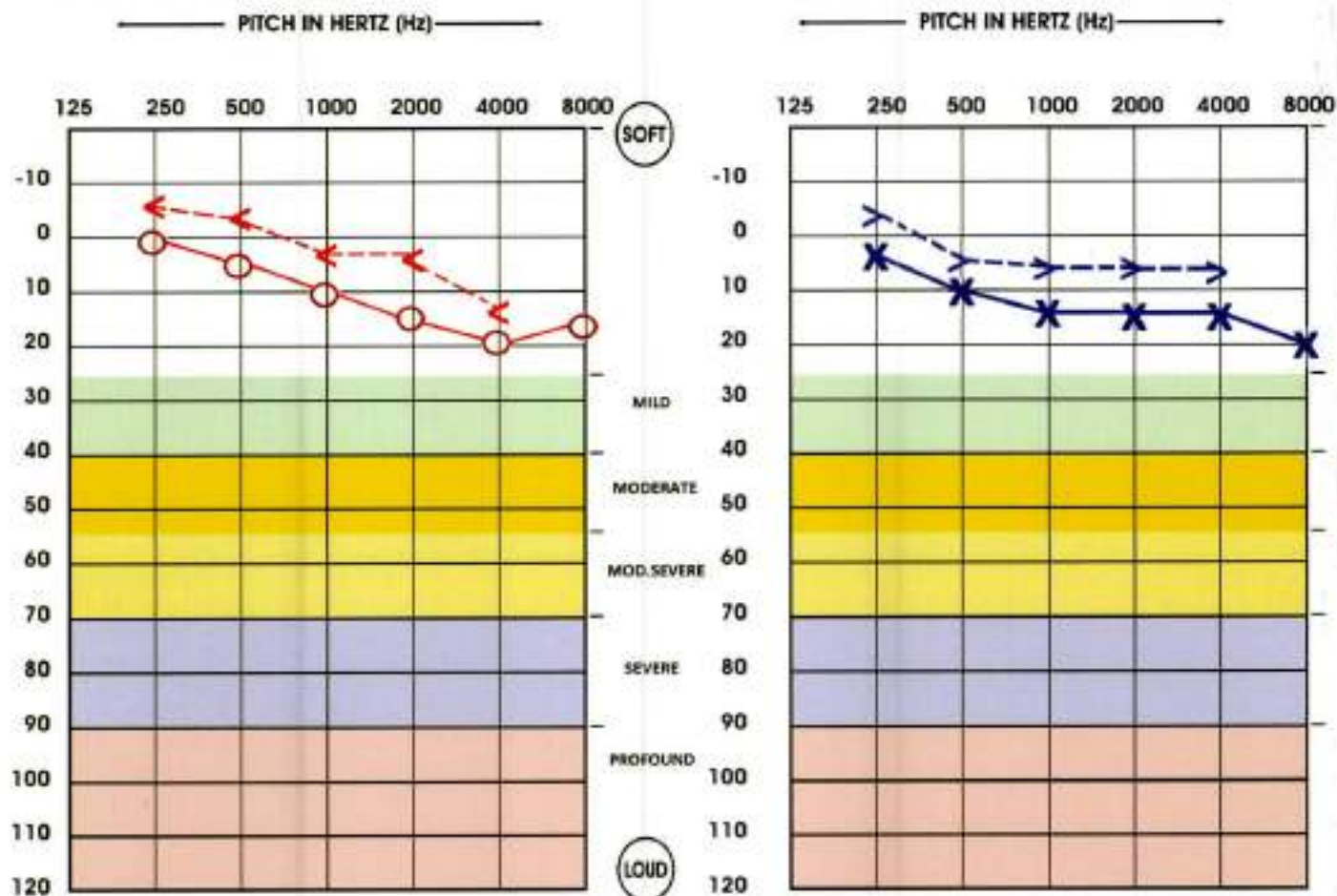
AUDIOGRAM EXAMINATION SHEET

FILE NO : 329635 BILL NO : DATE : 19/11/2020

NAME : Muhammad husman Basheer Muhammad AGE / SEX : 32 / M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER	RIGHT				
	LEFT				

						SPECIAL TESTS			
dBHL	PTA	SRT	SIS(%)	MCL	UCL	SISI	TDT	MLB/BLB	OAE
RIGHT	10								
LEFT	11.3								

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :



SIKKU SOMAN
AUDILOGIST
MOH License No. 10998
Muscat, Sultanate of Oman
APOLLO HOSPITAL MUSCAT

NAME	: MUHAMMAD LUQMAN BASHIR MUHAMMAD	AGE	: 33 Y(08/06/1987)
GENDER	: Male	PATIENT ID	: 329635
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 19/11/2020 12:48 PM
CONSULTANT	: DR. RAJESH RAJENDRAN	BILL NO	: 0938050
BILL DATE	: 19/11/2020		
TEST NAME	: CHEST PA		
REFERRED BY	:		

RADIOGRAPH CHEST PA VIEW**CLINICAL DATA:** Medical check up**OBSERVATION :**

Trachea appears to be in mid line.

Prominent bronchovascular marking noted at mid zone medially .

Bilateral costophrenic and cardiophrenic angles appear normal.

Apparent prominence of the right hilum otherwise bilateral hilum appears of relatively normal density

Cardiac silhouette appears within normal limits.

Bony thoracic appears normal.

No Soft tissue mass or calcification can be seen

IMPRESSION:*Prominent bronchovascular marking noted at mid zone medially ? bronchitis .*

Please correlate clinically & other investigation.

Please note: This is a imaging study and has its own limitations. This is a opinion based on image interpretation and it is not a diagnose on itself. Depression should be considered as professional opinion & correlated with clinical evidence, reconfirmed by further investigations and relevant data as indicated. If possible the findings should be reconfirmed on higher resolution imaging, special sections and sequences and with other modalities.

Dr. WASSAN ABDUL REHMAN
SPECIALIST - RADIOLOGIST
MOH Licence No.: 14883
Apollo Hospital Muscat

DR. WASSAN A KHUDHAIR AL-SAEEDI