

Medical Fitness Certificate

Name of the Examined employee: MUHAMMAD YOUNAS KHAN

Age: 40

ID NUMBER:

Job Title:

Date of Medical Examination: 16.08.2021

Examining Physician:

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:	MUHAMMAD YOUNAS KHAN		
		GIN #			
Place of examination	Date	Mobile #			
Age: 40	Nationality: PAKISTANI	Blood Group			
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number of children: 7			
DO YOU HAVE OR 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. 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					
How much tobacco each day?			Average daily alcohol consumption		
Have you ever taken illicit drugs? (N)					
FAMILY HISTORY: Diabetes (N) Tuberculosis (N) Epilepsy (N) Asthma (N) Eczema (N)					
Heart disease (N) High blood pressure (N) Stroke (N) Blood Disease (N) Cancer (N)					
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:					
Signature of Applicant: M. Younas Khan					

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N
Speech:		Whisper test:	
Near Vision Right eye:	6/N	Near Vision Left eye:	N/6
Distant Vision Left eye:	6/6	Distant Vision Right eye:	6/6
Height: 169	Weight: 92	BMI: 32.2	BP: 140/90 mmHg Pulse: 74 b/min
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: <u>Muhammad Younas Khan</u>	Age: <u>40</u>	Sex: <u>M</u>	Company:	GIN:
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Past Medical History:	Blood Group:
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Allergies:			
Vaccination	Date of Initial Injection	Booster Due Date	
Hepatitis A:			
Hepatitis B:			
Typhoid Fever			
Influenza			

Tests Results	
Audiogram:	<u>Normal</u>
DSU 5 Panel	<u>Negative</u>

ECG:	<u>Normal</u>
Chest X-Ray	<u>Normal - cardiomegaly</u>

Blood Investigations:					
RBCs	<u>5.56</u>	4.20-5.30 X10 ⁶ /μL	SGOT	<u>19.20</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>10.81</u>	4.0-11.0 X10 ³ /μL	SGPT	<u>40.20</u>	Male: Up to 41 Female: 10-35 U/L
NEUTRO	<u>61.30</u>	37-72%	GGT	<u>60.50</u>	0-50 U/L
EOSINO	<u>1.60</u>	0-6%	FBS:	<u>101.40</u>	80-110 mg/dl
BASO	<u>0.20</u>	0-1%	CHOLESTEROL:	<u>220.20</u>	Up to 200 mg/dl
LYMPHO	<u>31.40</u>	10-50%	HDL	<u>50.80</u>	20-60 mg/dl
MONO	<u>5.50</u>	0-14%	LDL	<u>148.24</u>	Up to 130 mg/dl
HEMATOCRIT	<u>48.90</u>	37-51%	TRIGLYCERIDES	<u>105.80</u>	35-175 mg/dl
HEMOGLOBIN	<u>15.90</u>	Male: 13.5-16.0 Female: 11.5-16.0 g/dl	CREATININE	<u>0.69</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	<u>04</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID	<u>Sickle - Negative</u>	Male: 3.6-7.7 mg/dl Female: 2.5-6.8 mg/dl

Urine Analysis			
Blood	<u>Negative</u>	Sugar	<u>Negative</u>
Albumin	<u>Negative</u>	Others	<u>Normal</u>

Stool Analysis	
Parasites:	Blood:

Comments	<u>Framingham Score - 1.6% 17/08/2017</u> <u>HLR for lifestyle Modification / Echo - low LVA ? HWT</u>
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Examining Physician:

Hospital/Clinic Seal



Schlumberger-Private



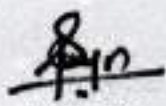
DEPARTMENT OF LABORATORY SERVICES

File No: 0351339	Report No: 0476067
Name: MUHAMMAD YOUNAS KHAN	Sample Date: 16/08/2021 Time: 11:38
Address:	Received Date: 16/08/2021 Time: 11:38
Gender: M Age: 40 Y Nationality: PAKISTANI	Report Date: 16/08/2021 Time: 12:35
GSM No.: 94644786 ID Card No.: 113925156	Bill No: 1003516 Bill Date: 16/08/2021
Doctor: DR.REHMAT SOLANKI	Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
TRUCK OMAN PRE-EMPLOYMENT CHECK UP		
Fasting Blood Glucose	101.40 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	04 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.69 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	10.81 10 ³ /uL	4.0-11.0x10 ³ /mm ³
RBC	5.56 10 ⁶ /uL	4.20 - 6.30 10 ⁶ /uL
HGB	15.90 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	48.90 %	37.0 - 51.0 %
MCV	87.90 fL	80.0 - 97.0 fL
MCH	28.60 pg	26.0 - 32.0 pg
MCHC	32.50 g/dL	31.0 - 36.0 g/dL
RDW	13.80 %	11.0 - 14.5 %
NEUT#	6.64 10 ³ /uL	1.50 - 7.00 10 ³ /uL
LYMPH#	3.39 10 ³ /uL	0.60 - 4.10 10 ³ /uL
MONO#	0.59 10 ³ /uL	0.00 - 0.70 10 ³ /uL
EOS#	0.17 10 ³ /uL	0.00 - 0.40 10 ³ /uL
BASO#	0.02 10 ³ /uL	0.00 - 0.10 10 ³ /uL

Reported By:

Verified By:



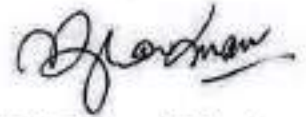
Soumya

Lab Technologist

MOH License No:

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Lab Technologist



Dr. Muhammad Azhar Imam
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

File No: 0351339
Name: MUHAMMAD YOUNAS KHAN

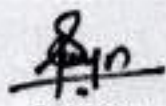
Address:
Gender: M Age: 40 Y Nationality: PAKISTANI
GSM No.: 94644786 ID Card No.: 113925156
Doctor: DR.REHMAT SOLANKI

Report No: 0476067
Sample Date: 16/08/2021 Time: 11:38
Received Date: 16/08/2021 Time: 11:38
Report Date: 16/08/2021 Time: 12:35
Bill No: 1003516 Bill Date: 16/08/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	61.30 %	37.0 - 72.0 %
LYMPH%	31.40 %	10.0 - 58.5 %
MONO%	5.50 %	0.0 - 14.0 %
EOS%	1.60 %	0.0 - 6.0 %
BASO%	0.20 %	0.0 - 1.0 %
PLATELET	240.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	1.57 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.25 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	1.32 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	19.20 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	40.20 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	112.80 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	8.10 g/dL	6.6 - 8.7 g/dL
Albumin	4.50 g/dL	3.4 - 4.8 g/dL
Globulin	3.6 g/dL	1.8 - 3.6 g/dL
GGT	60.50 U/L	0 - 50 U/L
A:G Ratio	1.25	1.1-1.8
LIPID PROFILE		
Total Cholesterol	220.20 mg/dL	< 200 mg/dL
Triglyceride	105.80 mg/dL	<150 mg/dl

Reported By:

Verified By:



SOUMYA

Lab Technologist

Lab Technologist



Dr.Muhammad Azhar Imam
Specialist Pathologist

MOH License No:

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DEPARTMENT OF LABORATORY SERVICES

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Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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HDL - CHOL	50.80 mg/dl	>45 mg/dl
LDL - CHOL	148.24 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4.33	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

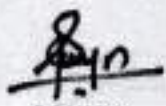
Quantity	40 ml
Colour	Pale yellow
Sp. Gravity	1.015
pH	Acidic
Appearance	Clear

CHEMICAL

Glucose	Negative
Protein	Negative
Ketones	Negative
Blood	Negative
Bilirubin	Negative
Urobilinogen	Normal
Nitrite	Negative

Reported By:

Verified By:



SOUMYA

Lab Technologist

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Doctor: DR.REHMAT SOLANKI	

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

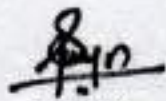
Colour	Brownish
Consistency	Soft
Reaction	Alkaline

MICROSCOPIC

Ova:	NIL
Cyst:	NIL
Pus Cells:	0-1 Cells/hpf
RBCs	Nil Cells/hpf
Others	Nil

Reported By:

Verified By:



Soumya

Lab Technologist



Dr. Muhammad Azhar Imam
Specialist Pathologist

Lab Technologist

MOH License No:

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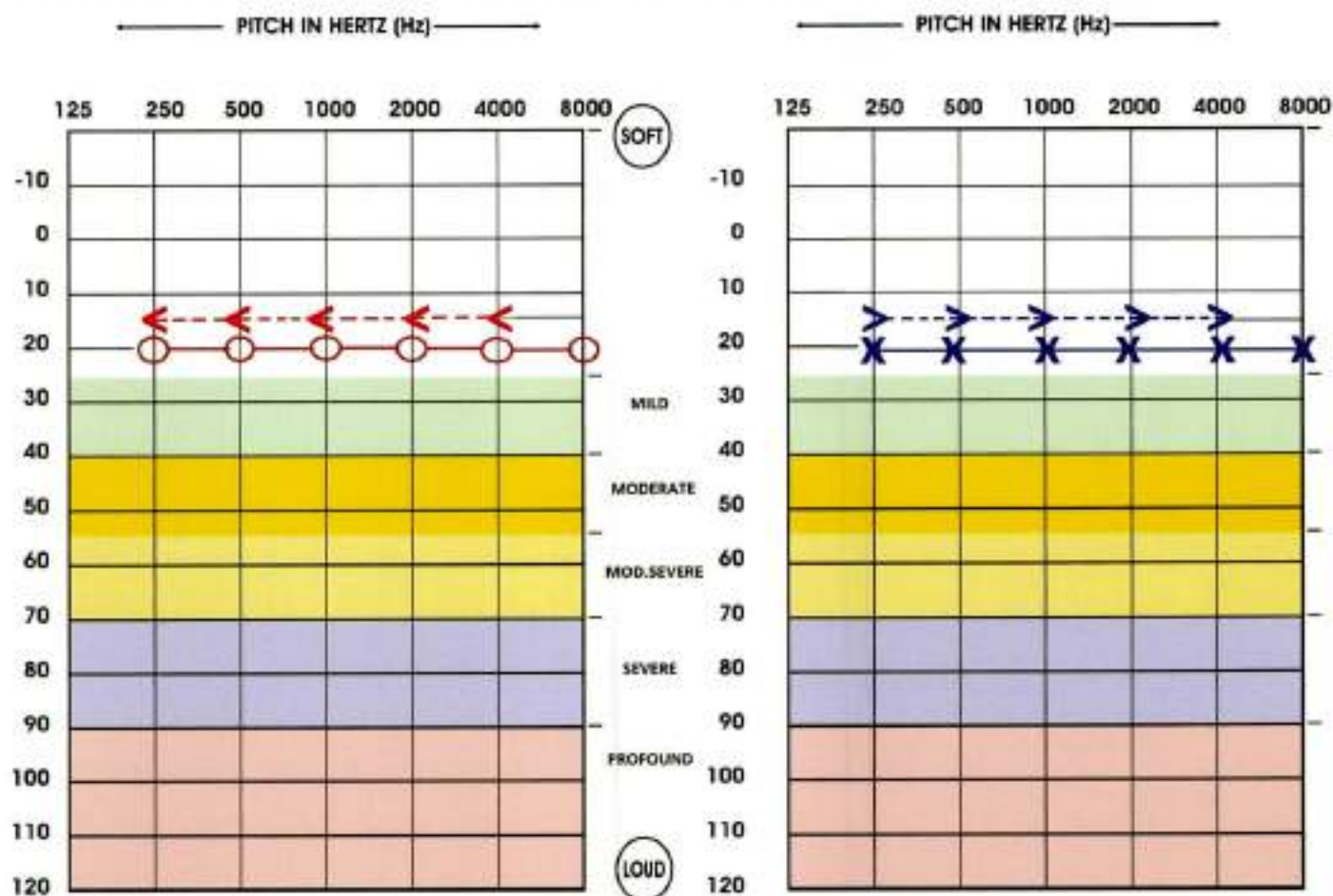
AUDIOGRAM EXAMINATION SHEET

FILE NO : 0351339 BILL NO : DATE : 16/8/2021

NAME : MOHAMMED YOUNAS AGE / SEX : 40/M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER					

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

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :

AUDIOLOGIST

Id: 351339

16/08/2021 13:01:54

Younas, Muhammad

Male — (—) Unknown

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

HR: 75 bpm

PR: 156 ms

QRS: 82 ms

QT/QTc: 382/408 ms

QTcB: 427 ms

QTcF: 411 ms

Rv5-v5a: 1.11/0.56 mV

Sek-Lyon: 1.67 mV

Axis: 43/26/29 °

Med.:

Tech:

Note:



NAME	: MUHAMMAD YOUNAS KHAN	AGE	: 40 Y(02/04/1981)
GENDER	: Male	PATIENT ID	: 351339
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 16/08/2021 16:25 PM
CONSULTANT	: DR.REHMAT SOLANKI	BILL NO	: 1003516
BILL DATE	: 16/08/2021		
TEST NAME	: CHEST PA		

RADIOGRAPH CHEST PA VIEW

OBSERVATION :

Trachea appears to be in mid line.

Bilateral lung fields appear clear. No mass lesion or opacification.

Bilateral costophrenic and cardiophrenic angles appear normal.

Bilateral hilum appears symmetrical and normal in size.

Cardiac silhouette appears wider than normal limits.

Bony thoracic appears normal.

No Soft tissue mass or calcification can be seen

IMPRESSION:

Mild cardiomegaly

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. Impression 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.: 14083
Apollo Hospital Muscat

DR. WASSAN A KHUDHAIR AL SAEDI

<http://apollosrv/Radiology/DiagnosisReport.aspx?action=ViewVisitSummary&flg=0&vis...> 16/08/2021

س.ت: ١٧٩٢٥٤٧، ص.ب: ١٠٩٧، الجزيرة، الرمز البريدي: ١٣١، سلطنة عمان، هاتف: ٢٤٧٨٧٧١١ (+٩٦٨) فاكس: ٢٤٧٠٠٠٠٩٣ (+٩٦٨) البريد الإلكتروني: info@apollomuscat.com
C.R. No.: 1792547, P.O. Box : 1097, Al Hamriya, P.C.:131, Sultanate of Oman, Tel. (+968) 24787768 (5 Lines), Fax : (+968) 24700093, E-mail : info@apollomuscat.com

رقم التسجيل الطبي: VATIN OM1100036100

رقم البطاقة الضريبية: Tax Card No. : 8251325

ECHO REPORT - DEPARTMENT OF CARDIOLOGY

Name **Muhammad, Younus**
Birthdate **12/11/1980**
Patient Id **351339**
Gender **Male**

Date 19/08/2021

Physician

2D

M-Mode		Doppler	
IVSd	1.1 cm	MV E Vel	0.76 m/s
LVIDd	4.8 cm	MV DecT	151 ms
LVPWd	1.1 cm	MV Dec Slope	5.1 m/s ²
IVSs	1.6 cm	MV A Vel	0.68 m/s
LVIDs	3.0 cm	MV E/A Ratio	1.13
LVPWs	1.7 cm	E' Sept	0.13 m/s
EDV(Teich)	105 ml	E/E' Sept	5.76
ESV(Teich)	36 ml	E' Lat	0.13 m/s
EF(Teich)	66 %	E/E' Lat	6.00
%FS	36 %	E' Avg	0.13 m/s
SV(Teich)	69 ml	E/E' Avg	5.88
RWT	0.46	AV Vmax	1.35 m/s
Ao Diam	2.8 cm	AV maxPG	7.33 mmHg
LA Diam	4.2 cm	PV Vmax	1.62 m/s
LA/Ao	1.50	PV maxPG	10.49 mmHg

Findings

Mild concentric LVH
LA mildly dilated
Good LV function
Trivial MR
No clots /effusion
Normal RV function

Impression

MILD CONCENTRIC LVH
NORMAL LV & RV FUNCTION

DR. MUJEEB AHAMED .M

SPECIALIST-CARDIOLOGY

DR. MUJEEB AHAMED M.
Specialist Cardiologist
Licence No.: 15774
APOLLO HOSPITAL MUSCAT

Print Date: 19/08/2021