

Medical Fitness Certificate

Name of the Examined employee: SARFAZ MUHAMMAD AHMAD BASHIR

Age: 38

ID NUMBER:

Job Title:

Date of Medical Examination: 28.08.2021

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


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



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name: <u>SARFAZ MUNAMMOO AHMED</u>	
		GIN #	
Place of examination	Date	Mobile #	
Age: <u>38</u>	Nationality: <u>PAKISTANI</u>	Blood Group	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number of children: <u>4</u>	
DO YOU HAVE OR 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 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? ☒			
FAMILY HISTORY: Diabetes ☒ Tuberculosis ☒ Epilepsy ☐ Asthma ☒ Eczema ☒ Heart disease ☒ High blood pressure ☒ Stroke ☒ Blood Disease ☒ Cancer ☐			
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:			

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N
Speech:		Whisper test:	
Near Vision Right eye:	N16	Near Vision Left eye:	6/6
Distant Vision Left eye:	N16	Distant Vision Right eye:	6/6
Height: 176	Weight: 63	BMI: 20.3	BP: 140/100 mmHg Pulse: 69 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>Sarfaz Muhammad Ahmad</u>	Age: <u>38</u>	Sex: <u>M</u>	Company:	GIN:
<u>Rashid</u>				

Past Medical History:	Blood Group:

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>NVL - ECHO Normal</u>
Chest X-Ray	<u>NVL</u>

Blood Investigations:					
RBCs	<u>4.96</u>	4.20-6.30 X10 ⁶ /UL	SGOT	<u>18.90</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>7.03</u>	4.8-11.0 X10 ³ /UL	SGPT	<u>11.80</u>	Male: up to 41 Female: 10-35 U/L
NEUTRO	<u>39.50</u>	37-72%	GGT	<u>21.40</u>	0-50 U/L
EOSINO	<u>2.00</u>	0-6%	FBS:	<u>107</u>	80-110 mg/dl
BASO	<u>1.00</u>	0-1%	CHOLESTEROL:	<u>175.10</u>	Up to 200 mg/dl
LYMPHO	<u>47.50</u>	10-50%	HDL	<u>43.60</u>	30-60 mg/dl
MONO	<u>10.00</u>	0-14%	LDL	<u>80.34</u>	Up to 130 mg/dl
HEMATOCRIT	<u>44.60</u>	37-51%	TRIGLYCERIDES	<u>255.80</u>	35-175 mg/dl
HEMOGLOBIN	<u>15.30</u>	Male: 13.5-18.0 Female: 11.5-15.0 g/dl	CREATININE	<u>0.76</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>Sic</u>	Male: 3.6-7.7 mg/dl Female: 2.5-6.5 mg/dl

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

Stool Analysis			
Parasites	<u>NIL</u>	Blood:	<u>NIL</u>

Comments	<u>ECG - NSR, LVH</u> <u>ECHO - Normal study</u>
----------	---

Examining Physician:

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

Schlumberger-Private



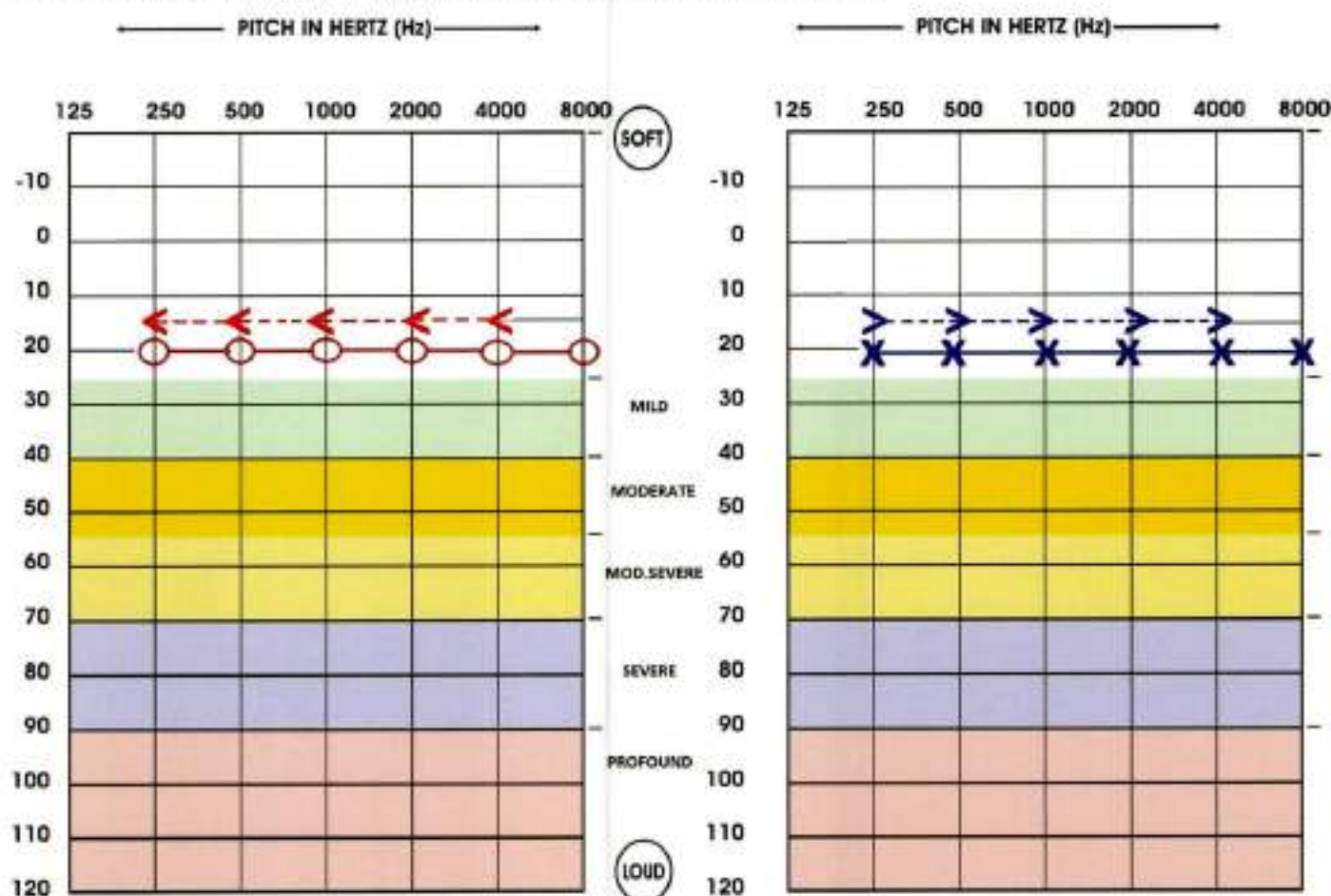
AUDIOGRAM EXAMINATION SHEET

FILE NO: 0352061 BILL NO: DATE: 28/8/2021

NAME: SAREAZ MUHAMMED AGE / SEX: 38 / M

COMPANY: 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 :



KKU SOMAN
AUDIOLOGIST
Licence No. 16998
Apollo Hospital Muscat
AS
AUDIOLOGIST

Id: 352061
Sarfaz Muhammed

30/10/2019 12:43:09

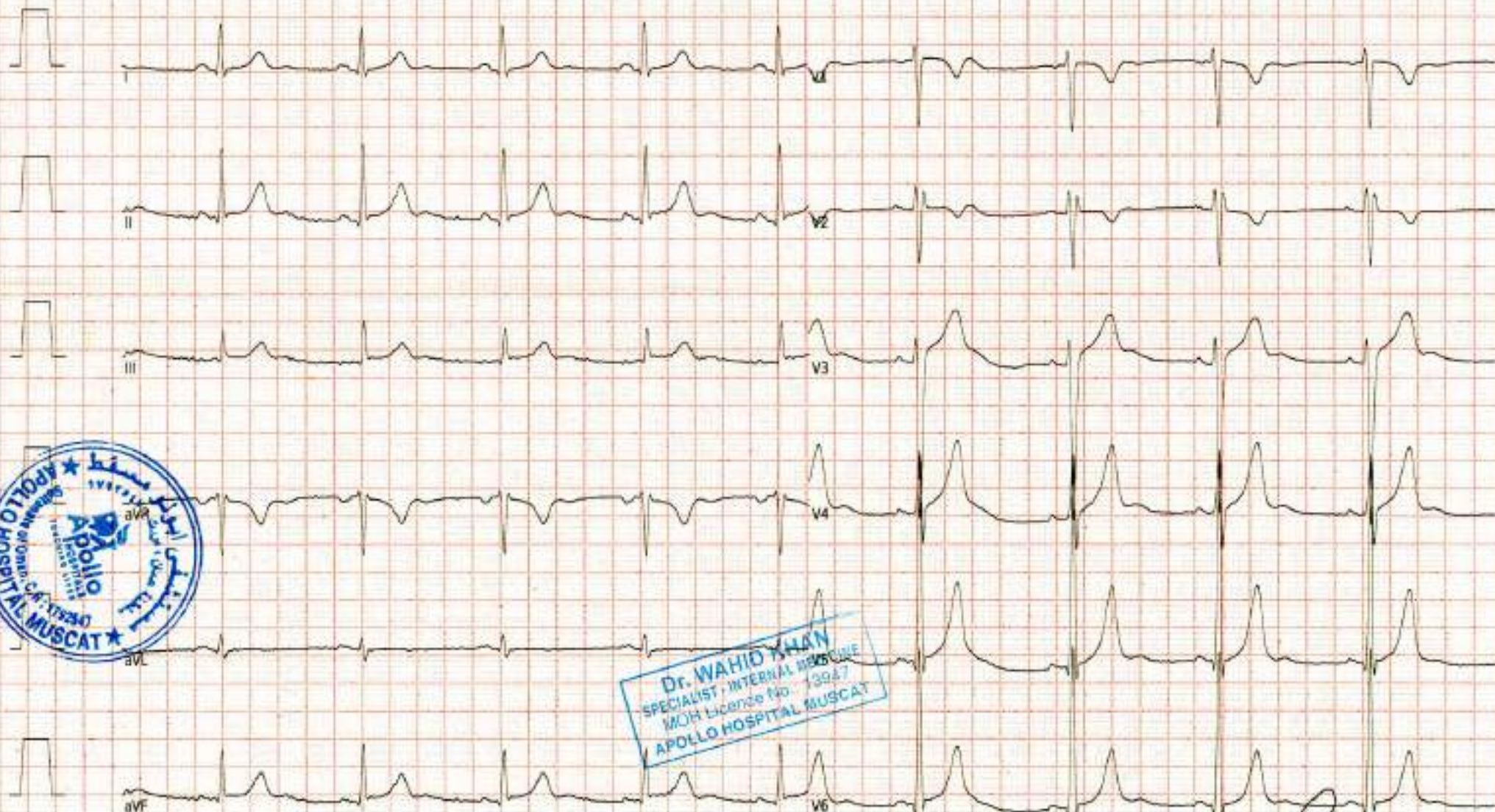
Unknown — (—) Unknown
Height: 0 cm Weight: 0 kg BP: 0/0 mmHg

HR: 57 bpm
PR: 142 ms
QRS: 94 ms
QT/QTc: 424/419 ms
QTcB: 413 ms
QTcF: 417 ms

R-R-S: 3.69/1.20 mV
S-R-Lyon: 4.89 mV
Axis: 24/62/60°

UNCONFIRMED REPORT

Med.:
Tech:
Note:



Dr. WAHID KHAN
SPECIALIST - INTERNAL MEDICINE
MOH License No. 13927
APOLLO HOSPITAL MUSCAT

Dep: APOLLO HOSPITAL 25mm/s 10mm/mV 0.05-25Hz/50Hz Cardioline ECG200S V.2.01.5558
EKG - N/A, 1.2 H by regular rhythm, Extrinsic rhythm, regular, normal

DEPARTMENT OF LABORATORY SERVICES

File No: 0352061
Name: SARFAZ MUHAMMAD AHMAD BASHIR
Address:
Gender: M **Age:** 38 Y **Nationality:** PAKISTANI
GSM No.: 98858931 **ID Card No.:** 88290144
Doctor: DR.REHMAT SOLANKI

Report No: 0477398
Sample Date: 28/08/2021 **Time:** 10:13
Received Date: 28/08/2021 **Time:** 10:13
Report Date: 28/08/2021 **Time:** 11:32
Bill No: 1006915 **Bill Date:** 28/08/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
---------------	--------	-----------------

TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	107 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	0.76 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	7.03 $10^3/\mu\text{L}$	4.0-11.0 $\times 10^3/\text{mm}^3$
RBC	4.96 $10^6/\mu\text{L}$	4.20 - 6.30 $10^6/\mu\text{L}$
HGB	15.30 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	44.60 %	37.0 - 51.0 %
MCV	89.90 fL	80.0 - 97.0 fL
MCH	30.80 pg	26.0 - 32.0 pg
MCHC	34.30 g/dL	31.0 - 36.0 g/dL
RDW	12.80 %	11.0 - 14.5 %
NEUT#	2.78 $10^3/\mu\text{L}$	1.50 - 7.00 $10^3/\mu\text{L}$
LYMPH#	3.34 $10^3/\mu\text{L}$	0.60 - 4.10 $10^3/\mu\text{L}$
MONO#	0.70 $10^3/\mu\text{L}$	0.00 - 0.70 $10^3/\mu\text{L}$
EOS#	0.14 $10^3/\mu\text{L}$	0.00 - 0.40 $10^3/\mu\text{L}$
BASO#	0.07 $10^3/\mu\text{L}$	0.00 - 0.10 $10^3/\mu\text{L}$

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr.Muhammad Azhar Imam
Specialist Pathologist

MOH License No: 19245

Printed at: 28/08/2021 11:32:29 AM

Page : 1 of 4

DEPARTMENT OF LABORATORY SERVICES

File No: 0352061
Name: SARFAZ MUHAMMAD AHMAD BASHIR
Address:
Gender: M **Age:** 38 Y **Nationality:** PAKISTANI
GSM No.: 98858931 **ID Card No.:** 88290144
Doctor: DR.REHMAT SOLANKI

Report No: 0477398
Sample Date: 28/08/2021 **Time:** 10:13
Received Date: 28/08/2021 **Time:** 10:13
Report Date: 28/08/2021 **Time:** 11:32
Bill No: 1006915 **Bill Date:** 28/08/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	39.50 %	37.0 - 72.0 %
LYMPH%	47.50 %	10.0 - 58.5 %
MONO%	10.00 %	0.0 - 14.0 %
EOS%	2.00 %	0.0 - 6.0 %
BASO%	1.00 %	0.0 - 1.0 %
PLATELET	297.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.46 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.09 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.37 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	18.90 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	11.80 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	65.30 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	7.60 g/dL	6.6 - 8.7 g/dL
Albumin	4.80 g/dL	3.4 - 4.8 g/dL
Globulin	2.8 g/dL	1.8 - 3.6 g/dL
GGT	21.40 U/L	0 - 50 U/L
A:G Ratio	1.714285	1.1-1.8
LIPID PROFILE		
Total Cholesterol	175.10 mg/dL	< 200 mg/dL
Triglyceride	255.80 mg/dL	<150 mg/dl

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr. Muhammad Azhar Imam
Specialist Pathologist

MOH License No: 19245

Printed at: 28/08/2021 11:32:29 AM

Page : 2 of 4

DEPARTMENT OF LABORATORY SERVICES

File No: 0352061
Name: SARFAZ MUHAMMAD AHMAD BASHIR
Address:
Gender: M **Age:** 38 Y **Nationality:** PAKISTANI
GSM No.: 98858931 **ID Card No.:** 88290144
Doctor: DR.REHMAT SOLANKI

Report No: 0477398
Sample Date: 28/08/2021 **Time:** 10:13
Received Date: 28/08/2021 **Time:** 10:13
Report Date: 28/08/2021 **Time:** 11:32
Bill No: 1006915 **Bill Date:** 28/08/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
---------------	--------	-----------------

HDL - CHOL	43.60 mg/dl	>45 mg/dl
LDL - CHOL	80.34 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4.02	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	1.025	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Glucose	Negative	
Protein	Negative	
Ketones	Negative	
Blood	Negative	
Bilirubin	Negative	
Urobilinogen	Normal	
Nitrite	Negative	

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr. Muhammad Azhar Imam
Specialist Pathologist

MOH License No: 19245

Printed at: 28/08/2021 11:32:29 AM

Page : 3 of 4

Report No:	0477398		
Sample Date:	28/08/2021	Time:	10:13
Received Date:	28/08/2021	Time:	10:13
Report Date:	28/08/2021	Time:	11:32
Bill No:	1006915	Bill Date:	28/08/2021
Company:	TRUCK OMAN LLC		

ECHO REPORT - DEPARTMENT OF CARDIOLOGY

Name **Sarfaz Muhammad,**
Birthdate **17/12/1982**
Patient Id **352061**
Gender **Male**

Date **01/09/2021**

Physician

2D

M-Mode

IVSd	0.7 cm
LVIDd	5.1 cm
LVPWd	0.8 cm
IVSs	1.0 cm
LVIDs	3.0 cm
LVPWs	1.6 cm
EDV(Teich)	124 ml
ESV(Teich)	34 ml
EF(Teich)	72 %
%FS	42 %
SV(Teich)	90 ml
RWT	0.32
Ao Diam	3.0 cm
LA Diam	3.1 cm
LA/Ao	1.05

Doppler

MV E Vel	0.89 m/s
MV DecT	233 ms
MV Dec Slope	3.8 m/s²
MV A Vel	0.70 m/s
MV E/A Ratio	1.27
E' Sept	0.12 m/s
E/E' Sept	7.75
AV Vmax	1.30 m/s
AV maxPG	6.74 mmHg
PV Vmax	0.90 m/s
PV maxPG	3.24 mmHg
TR Vmax	2.30 m/s
TR maxPG	21.18 mmHg

Findings

Normal chamber dimensions
No RWMA
Good LV function
Mitral valve mildly thickened
Trivial TR
No PAH
No clots/effusion
Normal RV function

Impression

NORMAL LV & RV FUNCTION



DR. MUJEEB AHAMED .M

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

Print Date: 01/09/2021

EXAMINATION REPORT

Patient Name : SARFAZ MUHAMMAD AHMAD BASHIR

MRN : 352061

Procedure Date : 28-08-2021

Age/Sex : 38Y/M

Hospital : APOLLO CLINIC

CHEST X RAY /PA VIEW

FINDINGS:

Lungs and costophrenic angles are clear.

Heart of normal size and shape.

Normal hila mediastinum and bony thorax.

IMPRESSION:

Normal study

Dr. Hussam Al Kindi , Consultant Radiologist, MOH License No. - 14814

Al Bashayer Specialized Medical Centre



Dr. Hussam Al Kindi
Senior Specialist Radiologist
Al Bashayer Specialized Medical Center
Tel: 968 24718

** This Report is Digitally Signed*