



PEACE LAND MEDICAL CENTER

Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

KULWANT SINGH
PID : 23620 Age 50Y Male B.No : 82115



SpecID : 101131 SERUM 12/10/25 10:28



Petroleum Development Oman
MEDICAL FTW

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname :

Forenames : KULWANT SINGH

Address : 72204042 Company Name : TO

Home telephone number :

72033832

Place of examination: MUSCAT

Date 12/10/2025

If a dependant enter employee's name here:

Surname:

Forenames:

DOB: 4/3/1975

Nationality: INDIAN

Country of birth: INDIA

Religion: HINDU

☒ Male ☐ Female

☒ Married ☐ Single ☐ Separated /Divorced

Relationship to employee

☐ Wife ☒ Son ☐ Daughter

Number of children: 1

Reason for examination

Pre-Employment ☒

Job: Heavy Duty Driver

Pre-Overseas ☐

Area:

Name and address of family doctor

List your last 3 jobs

(1)

(2)

Are you a Registered Disabled Person? (UK only) ☐

Do you belong to any Medical Insurance Scheme? ☐

DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)

	Y	N		Y	N		Y	N
1. Sinus trouble		☒	21. Cancer		☒	HAVE YOU EVER BEEN:-		
2. Neck swelling/glands		☒	22. Heart Disease		☒	40. Rejected for employment or insurance for medical reasons		☒
3. Difficulty in vision		☒	23. Rheumatic fever		☒	41. Awarded benefits for industrial injury/illness		☒
4. Any ear discharge		☒	24. Abnormal heartbeat		☒	42. Treated for a mental condition, e.g. depression		☒
5. Asthma/bronchitis		☒	25. High blood pressure	☒		43. Treated for problem drinking or drug abuse		☒
6. Hayfever /other significant allergy		☒	26. Stroke		☒	44. Exposed to toxic substance or noise		☒
7. Any skin trouble		☒	27. Serious chest pain		☒	FOR WOMEN ONLY		
8. Tuberculosis		☒	28. Any blood disease		☒	Have you ever had:-		
9. Shortness of breath		☒	29. Kidney disease		☒	45. An abnormal smear		
10. Coughed/vomited blood		☒	30. Blood in urine		☒	46. Any gynaecological treatment		
11. Severe abdominal pain		☒	31. Diabetes		☒	47. Are you pregnant?		
12. Stomach ulcer		☒	32. Headaches/migraine		☒	48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
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/arm/pit		☒						

How much tobacco each day? NO

Average daily alcohol consumption NO

Have you ever taken elicited drugs? (X) PDO test all new/potential employees for elicited/recreational drugs

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 the medical examination in general terms may be revealed to the Company if required, and the details sent to my own doctor if this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.

Date: 12/10/2025

Signature of Applicant:





PEACE LAND MEDICAL CENTER

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE
Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)				PHYSICAL EXAMINATION						
N	A									
✓		1. Eyes & Pupils								
✓		2. E.N.T.								
✓		3. Teeth & Mouth								
✓		4. Lungs & Chest								
✓		5. Cardiovascular System								
✓		6. Abdo. Viscera								
✓		7. Hernial Orifices								
✓		8. Anus & Rectum								
✓		9. Genito-urinary								
✓		10. Extremities								
✓		11. Musculo-skeletal								
✓		12. Skin & Varicose Vns.								
✓		13. C.N.S.								
		14. Breast								
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	DISTANT	NEAR	Colour Vision	Blood Group
177	81	26.8	138/85	72 /mins.	L N R N	Uncorrected Corrected	6/6 8/8	16/16	(N)	
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS				N	A			
✓		1. Urinalysis					✓		7. Audiogram	
✓		2. Hb, Blood count, ESR							8. Lung Function	
✓		3. LFT, RFT, RBS							9. Chest X-Ray	
		4. Drug Screen							10. ECG	
✓		5. Lipids (40 years +)							11. CVS risk for 40 yrs. & above	
✓		6. Sickle Cell test							12. HIV, Hepatitis screening	

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

DASH OARF

ASSESSMENT:



☒ FIT ALL AREAS



FIT WITH RESTRICTION



TEMPORARY UNFIT



UNFIT

Date:

12/10/25

Name (Block Capitals): Dr. / Nurse



Signature:



DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:



مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Quest. for Sleep Apnoea

Employee Data	KULWANT SINGH PID : 23620 Age 50Y Male B.No : 82116	Date: 12/10/2023
Name:		Department/Company: TO
I. D No.	SpecID : 101131 SERUM 12/10/25 10:28	Occupation: Heavy Duty Driver

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

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, Kulwant Singh (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: [Signature] Date: 12/10/2023





DEPARTMENT OF LABORATORY

Patient ID : 23620	Doc No : 65043
Name : KULWANT SINGH	Doc Date : 13/10/2025 08:35
Age, Gender : 50Y, Male	Bill No : 82116
Nationality : INDIAN	Bill Date : 12/10/2025 09:58
GSM No : 94094814	Approved Date :
Doctor's Name : DR.HASHIM ABDALLAH	Collected Time : 12/10/2025 10:28
Customer : TRUCKOMAN LLC-SAFA PROJECT	Recieved Time : 12/10/2025 10:28

Test	Result	Unit	Normal Range
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TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS

COMPLITE BLOOD COUNT

RBC	5.6		Male 4.38 -6.0 x 10 ¹² /L Female 4.0- 5.2x10 ¹² /L
HAEMOGLOBIN	13	x10 ¹² /L	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	39.9	gm %	Male 39.30 -50.00 % Female 37 -47 %
MCV	80	%	84-94 fl
MCH	23.4	fl	27 - 33 pg
MCHC	31.5	pg	29.6 - 35.6 %
WBC COUNT	7.5	g/dl	4.0 - 11.0 x 10 ⁹ /L
DIFFERENTIAL COUNT		x 10 ⁹ /L	
NEUTROPHIL	72	%	40-70 %
LYMPHOCYTE	24	%	20-45 %
EOSINOPHIL	01	%	1-6 %
MONOCYTE	03	%	2-8%
BASOPHIL	00	%	0-1%
PLATELET	239	%	150 - 450 x 10 ⁹ /L

SICKLE CELL TEST

NEGATIVE

LIVER FUCTION TEST

ALKALINE PHOSPHATASE	81	U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.34	mg/dl	0 - 2.0 mg/dl
S.G.O.T.	23.7	U/L	0 - 35.0 U/L
S.G.P.T.	26.2	U/L	10 - 45 U/L
ALBUMIN.	4.83	g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN.	7.69	g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.14	mg/dl	0.0 - 0.20 mg/dl

RENAL FUNCTION TEST

UREA	21.5	mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.73	mg/dl	0.70 -1.30 mg/dl
S.URIC ACID	7.1	mg/dl	3.5 - 7.2 mg/dl

LIPID PROFILE.

Remarks:

Reported By:
Lab Tech

Verified By:
Lab Tech

Approved By:
Lab Tech

Sr. Lab Technologist



Sr. Lab Technologist

Printed at: 13/10/202508:35:17





DEPARTMENT OF LABORATORY

Patient ID : 23620
Name : KULWANT SINGH
Age, Gender : 50Y, Male
Nationality : INDIAN
GSM No : 94094814
Doctor's Name : DR.HASHIM ABDALLAH
Customer : TRUCKOMAN LLC-SAFA PROJECT

Doc No : 65043
Doc Date : 13/10/2025 08:35
Bill No : 82116
Bill Date : 12/10/2025 09:58
Approved Date :
Collected Time : 12/10/2025 10:28
Recieved Time : 12/10/2025 10:28

Test	Result	Unit	Normal Range
Total Cholesterol	185	mg/dl	0.0 - 200 mg/dl
Triglyceride	144	mg/dl	0.0 - 150 mg/dl
HDL - CHOL	58.1	mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	98	mg/dl	< 100 mg/dl
VLDL	29	mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	96.9	mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5	ml	
Colour	Yellow		
Sp. Gravity	1.010		
pH	Acidic		
Appearance	Clear		
CHEMICAL			
Nitrite	Negative		
Protein	Negative		
Glucose	Negative		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC			
PUS CELLS	1-3		
EPITHELIAL CELLS	0-1		
RBC	0-1		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NIL		
OTHERS	NIL		

Remarks:

Reported By:
Lab Tech

Sr. Lab Technologist

Verified By:
Lab Tech



Sr. Lab Technologist

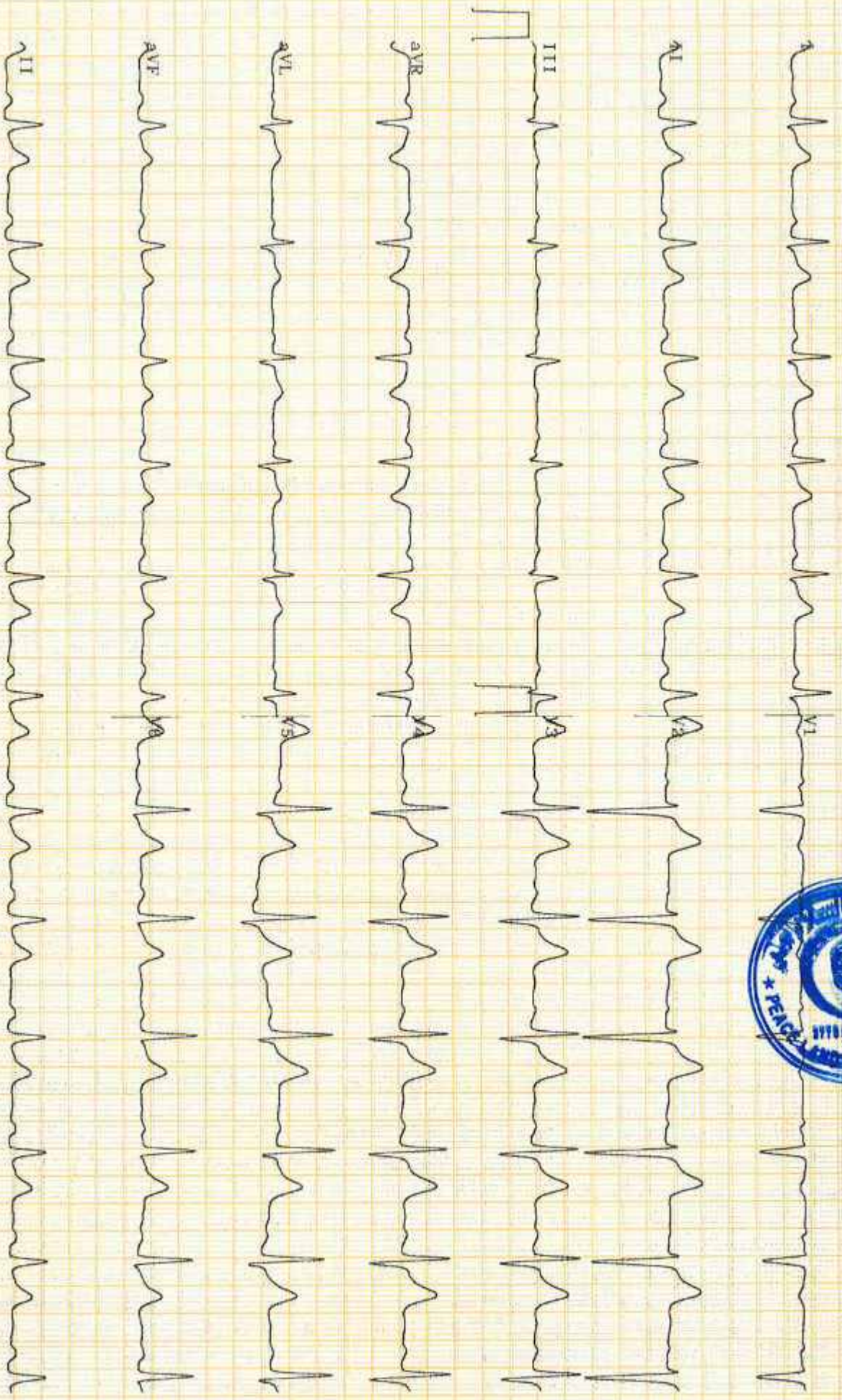
Approved By:
Lab Tech



Printed at: 13/10/2025 08:35:17

KULWANT SINGH
 PID: 25620 Age 50Y Male B.No: 82116
 SpecID: 10131 SERUM 12/0/25 10:28

Heart Rate: 71bpm
 PR Int.: 184 ms
 QRS Dur.: 108 ms
 QT/QTc: 408/441 ms
 P-R-T axes: 52 43 26



0.1Hz- 100Hz, AC50Hz, EMG. All Channels: 10.0mm/mV, 25.0mm/sec.

CARDIO-M Ver5.10M.30 Medical Ecomet GmbH

Prescribed by:



بلاد السلام للخدمات الطبية ش.م.م.
Peace Land Medical Services L.L.C

Framingham Risk Score

KULWANT SINGH
PID : 23620 Age 50Y Male B.No : 82116



SpecID : 101131 SERUM 12/10/25 10:28

Estimated 10-year Global CVD Risk

11.20%

Risk Category

Moderate Risk

Estimated Vascular Age

57 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <130 mg/dL (<3.37 mmol/L)

Non-HDL <160 mg/dL (<4.14 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >3.5 mmol/L (>135 mg/dL)

TChol/HDL-C >5 mmol/L (>193 mg/dL)

hsCRP >2 mg/L in men >50 years and women >60 years

FHx and moderate risk hsCRP

Treatment Targets

LDL <2 mmol/L (<77 mg/dL) or ≥50 % decrease in LDL-C

apoB <0.8 g/L (80 mg/dL)

ESC (2007, see Info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)



PEACELAND MEDICAL CENTER AZAIBA

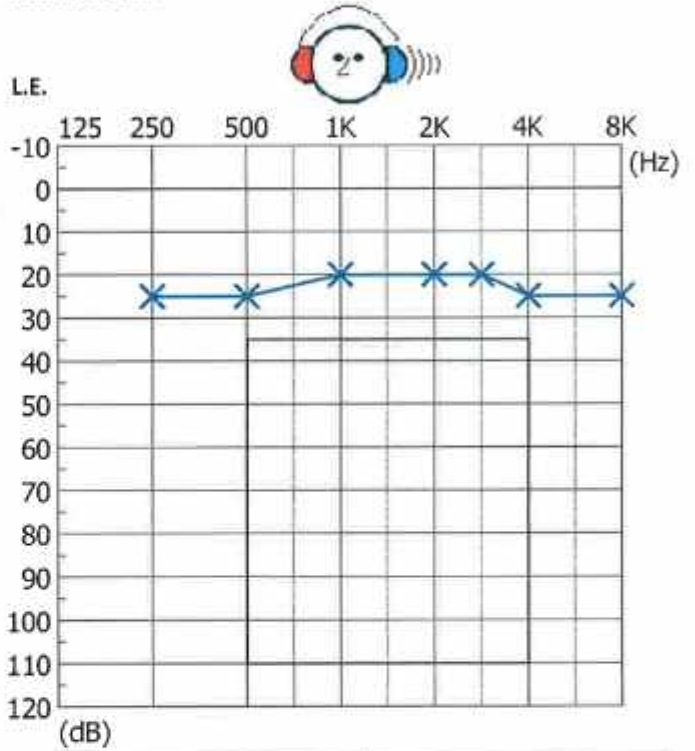
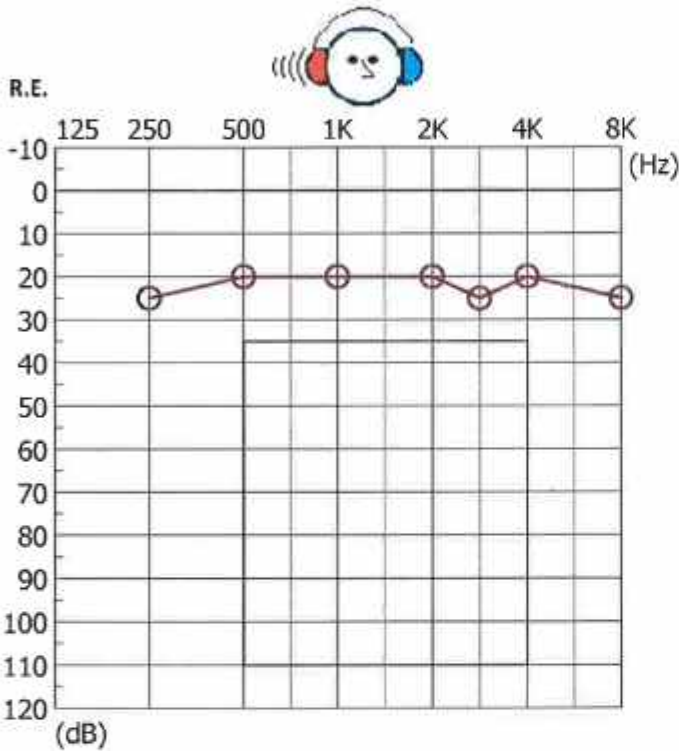
AUDIOMETRY REPORT

Name: KULWANT SINGH
Age(y): PID : 23620 Age 50Y /Male B.No : 82116
Sex:
Height (cm):
Weight(Kg):
BMI:



SIBELMED W50

Test date: 12/10/2025
Reference: 23620
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	21.2	21.2
Bilateral Loss (%)	0.0	

Right ear Normal
Left ear Normal

COMMENTS:

No Masking	R.E.	L.E.	With Masking	R.E.	L.E.
Air	○	×	Air	△	□
Bone	<	>	Bone	=	=
F.Field	∅	✕			
No response	↻	↻			





مركز بلاد السلام الطبي

Peace Land Medical Center

Appendix 15: Fitness to Work Certificate

Employee Data		KULWANT SINGH PID : 23620 Age 50Y Male B.No : 82115		Date 12/10/2025	
Name				Department/Company TO	
I.D No.		SpecID : 101131 SERUM 12/10/25 10:28		Occupation HOD	
Type of Medical Evaluation				Mark those applying ✓	
A1	Aircraft refuelling		A6	Fire / Emergency response team work	
A2	Breathing apparatus		A7	Professional driving	
A3	Business traveller		A8	Remote location work	✓
A4	Catering and food preparation		A9	Transfers – group A country	
A5	Crane or forklift driving & all heavy vehicles	✓	A10	Transfers – group B country	
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 ✓	
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					
Puling, 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				Date	
				12/10/2025	
DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087		Signature		Date	
Name of health advisor					



nmc specialty hospital, al ghoubra

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

Fitness Certificate

Empno:

Date of issue : 07/10/2025

Ref No : 0000236/FIT/NMC/2025

This is to certify that Mr. / Mrs. *KULWANT SINGH 7018* with file no *14297244* and Resident card no, *72204042* was *Examined* at *nmc specialty hospital, al ghoubra* on *07/10/2025* and will be *Fit to work* from the medical point of view starting from *07/10/2025*

DIAGNOSIS

I10-Essential (Primary) Hypertension

Remarks

TMT IS NEGATIVE FOR ISCHEMIA

DR MUHAMMAD SIDDIQUI

Place: *nmc specialty hospital, al ghoubra*

(Hospital Seal)

Signature



KULWANT SINGH,
14297244

Patient Information

10/7/2025 10:14:35 AM
Bruce

ID: 14297244

Second ID: 2711677

Admission ID:

Date of Birth:

Height:

Gender: Male

Age: 50 Years

Weight:

Race: Unknown

Indications
PDO FITNESS

Medications
HTN ON MEDICATION

Referring Physician: DR. SHAJU PADMAN

Location:

Procedure Type: TMT

Attending Phy: DR. SHAJU PADMAN

Target HR: 145 bpm (85%)

Reasons for end: ACHIEVED THR

Technician: ANANDU

Max HR(%MPHR): 155 bpm (91%)

Symptoms: NIL

Diagnosis

Notes

Conclusions

The patient was tested using the Bruce protocol for a duration of 07:06 minutes and achieved 9.1 METs. A maximum heart rate of 155 bpm with a predicted heart rate of 91% was obtained at 07:10. A maximum blood pressure of 187/75 was obtained. The patient reached target heart rate with appropriate heart rate and blood pressure response to exercise. No significant ST changes during exercise or recovery. No evidence of ischemia. Normal exercise stress test.

Reviewed by:

UINATJNF (QMEF) M-FXJRT

Signed by:

Date:

XScribe 6.2.4.56057

Hospital name here



KULWANT SINGH,
14297244

Exam Summary

10/7/2025 10:14:35 AM
Bruce

Summary

Exercise Time: 07:06
Leads with 100uV ST: I, II, aVR, V2, V3, V4, V5, V6
PVCs: 0
Duke Treadmill Score: -3

Max Values

Speed: 3.4 MPH
Grade: 14 %
METs: 9.1
HR*BP: 248/71 BPM * mmHg
ST/HR Index: 0.87 uV/bpm in III at 03:50

Max ST

ST elevation: 3.1 mm in V3 at 08:10
ST depression: -1.4 mm in aVR at 08:00

Max ST Changes

ST elevation change: 2 mm in V3 at 08:10
ST depression change: -0.9 mm in V6 at 06:30

STAGE SUMMARY

ST measurement based on J+60ms

	Speed (MPH)	Grade (%)	HR (BPM)	BP (mmHg)	METs	HR*BP	ST LEVEL (mm)											
	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6						
BP	0.0	0.0	80	151/94	-	12080	1	1.1	0.1	-1.2	0.4	0.6	-0.2	1.3	1.1	1.2	0.9	0.7
Treadmill Started	PRE-X	0.0	76	-	-	-	0.9	1.1	0.1	-1.1	0.3	0.6	-0.2	1.2	1.1	1.2	0.9	0.7
START EXE	EXE 00:00	1.0	75	-	-	-	0.9	1.1	0.1	-1.1	0.3	0.6	-0.2	1.2	1.1	1.2	0.9	0.7
STAGE 1	EXE 02:28	2.5	122	-	3.8	-	0.7	0.9	0.1	-0.9	0.2	0.5	-0.2	1.1	1.5	1.4	0.9	0.8
BP	EXE 02:46	2.5	120	170/77	4.2	20400	0.8	0.8	0	-0.9	0.3	0.4	-0.1	1.2	1.7	1.5	1	0.4
BP	EXE 05:14	2.5	133	167/75	7.1	24871	0.7	0.7	0	-0.8	0.3	0.3	-0.1	1.2	2	1.6	1.2	0.5
STAGE 2	EXE 06:28	2.5	135	-	7.1	-	0.7	0.8	0	-0.9	0.3	0.4	-0.1	1.2	1.8	1.6	0.7	0.5
Treadmill Stopped	EXE 07:09	0.0	153	-	9.1	-	0.5	0.3	-0.4	-0.5	0.5	0	0	1.2	2	1.6	0.7	0.4
Peak	EXE 07:06	0.0	154	-	9.1	-	0.6	0.3	-0.4	-0.5	0.5	0	0	1.2	2	1.6	0.7	0.4
BP	REC 02:41	0.0	98	160/69	5.9	15890	0.8	0.8	0	-0.9	0.3	0.4	-0.1	1.1	1.2	1.2	0.8	0.5
END REC	REC 04:22	0.0	97	-	3.9	-	0.6	0.6	-0.1	-0.7	0.3	0.3	-0.1	0.8	0.7	0.7	0.5	0.3