

Medical Fitness Certificate

Name of the Examined employee: MUHAMMAD KASHIF UMAR HAYAT

Age: 29

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. AFROZA SULTAN
GENERAL PRACTITIONER
MOH License No. 1-432
Apollo Hospital Muscat

Hospital/Clinic Seal



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name: <u>MUHAMMAD KASHIF UMAR</u>	
		GIN #	
Place of examination		Mobile #	
Date			
Age: <u>29</u>	Nationality: <u>PAKISTANI</u>	Blood Group	
☒ Male ☐ Female	☐ Married ☒ Single ☐ Separated / Divorced	Number of children:	
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: <u>20/10/20</u>			
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:	616
Distant Vision Left eye:	N16	Distant Vision Right eye:	616
Height: 180	Weight: 87.5	BMI: 27.0	BP: 120/80 mmHg Pulse: 64 b/w
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 Kachif Umar Hayat</u>	Age: <u>29</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>Negative</u>
Chest X-Ray	<u>Negative</u>

Blood Investigations:					
RBCs	<u>4.63</u>	4.20-6.30 X10 ⁶ /UL	SGOT	<u>29.40</u>	Male:10-50 Female:10-35 U/L
WBCs	<u>6.22</u>	4.0-11.0X10 ³ /UL	SGPT	<u>34.10</u>	Male:Up to 41 Female:10-35 U/L
NEUTRO	<u>57.40</u>	37-73%	GGT	<u>27.50</u>	0-50U/L
EOSINO	<u>3.40</u>	0-6%	FBS:	<u>91</u>	80-110 mg/dl
BASO	<u>0.30</u>	0-1%	CHOLESTEROL:	<u>183.00</u>	Up to 200 mg/dl
LYMPHO	<u>39.40</u>	10-58%	HDL	<u>33.70</u>	20-60 mg/dl
MONO	<u>5.50</u>	0-14%	LDL	<u>99.22</u>	Upto 130 mg/dl
HEMATOCRIT	<u>42.60</u>	37-51%	TRIGLYCERIDES	<u>250.40</u>	35-175 mg/dl
HEMOGLOBIN	<u>13.80</u>	Male: 13.5-16.0 Female:11.5-16.0 g/dl	CREATININE	<u>0.73</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.8mg/dl
ESR	<u>05</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	SICKLE	<u>Negative</u>	

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>HLP- LSM + Repeat lipid profile after 3 mths</u>
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Examining Physician:

Schlumberger-Private



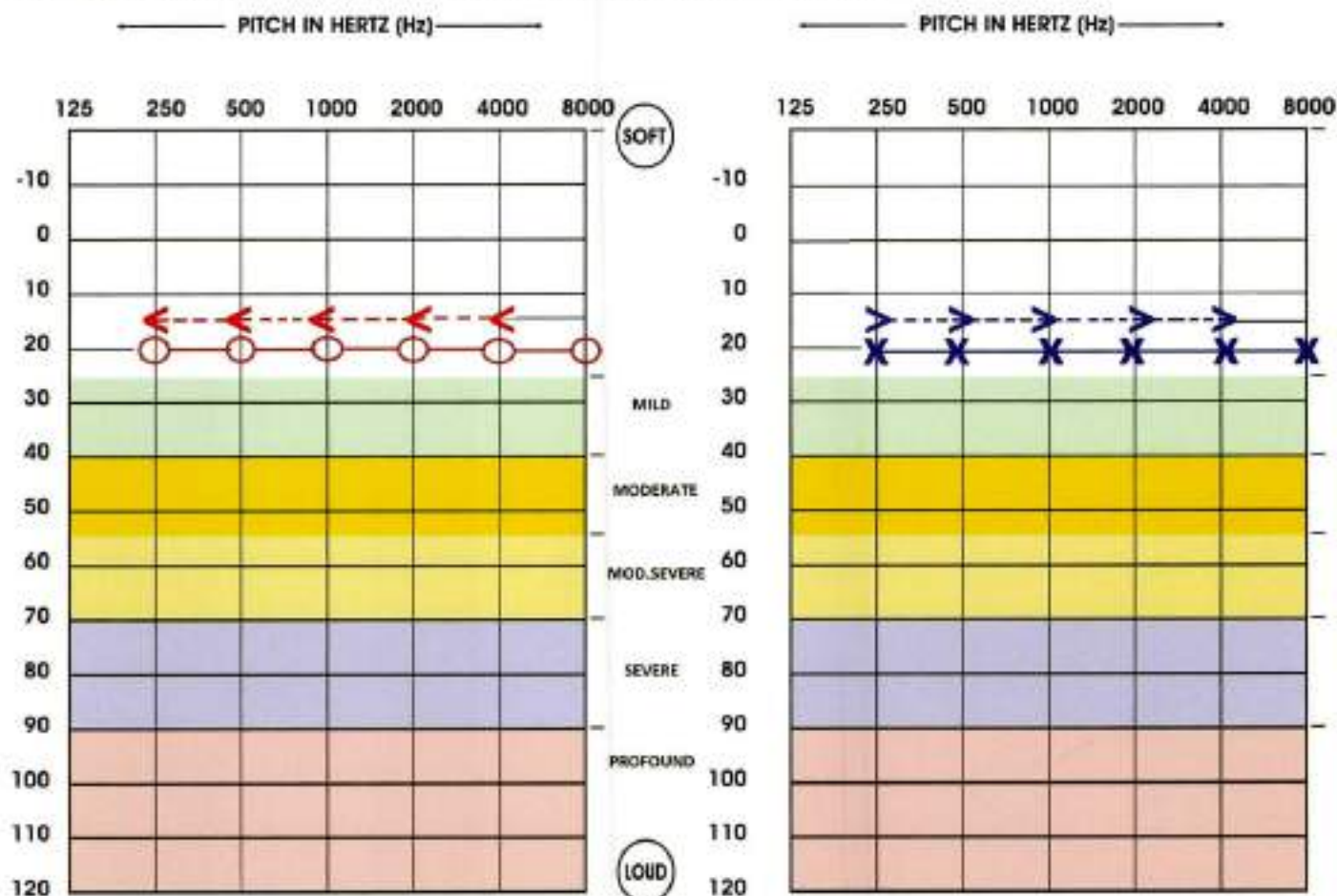
AUDIOGRAM EXAMINATION SHEET

FILE NO: 0352058 BILL NO: DATE: 28/8/2021

NAME: MUHAMMAD KASHIF AGE / SEX: 29/M

COMPANY: TRUCK OMAN DOB:

CONSULTANT (REF):



WEBER					

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

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :



SIKKU SOMAN
AUDIOLOGIST
MOH Licence No. 15391
Apollo Hospital

AUDIOLOGIST

DEPARTMENT OF LABORATORY SERVICES

File No: 0352058
Name: MUHAMMAD KASHIF UMAR HAYAT
Address:
Gender: M **Age:** 29 Y **Nationality:** PAKISTANI
GSM No.: 79538478 **ID Card No.:** 121716976
Doctor: DR.REHMAT SOLANKI

Report No: 0477383
Sample Date: 28/08/2021 **Time:** 10:01
Received Date: 28/08/2021 **Time:** 10:01
Report Date: 28/08/2021 **Time:** 10:58
Bill No: 1006908 **Bill Date:** 28/08/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	91 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	0.73 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	6.22 $10^3/\mu\text{L}$	4.0-11.0 $\times 10^3/\text{mm}^3$
RBC	4.63 $10^6/\mu\text{L}$	4.20 - 6.30 $10^6/\mu\text{L}$
HGB	13.80 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	42.60 %	37.0 - 51.0 %
MCV	92.00 fL	80.0 - 97.0 fL
MCH	29.80 pg	26.0 - 32.0 pg
MCHC	32.40 g/dL	31.0 - 36.0 g/dL
RDW	11.30 %	11.0 - 14.5 %
NEUT#	3.20 $10^3/\mu\text{L}$	1.50 - 7.00 $10^3/\mu\text{L}$
LYMPH#	2.45 $10^3/\mu\text{L}$	0.60 - 4.10 $10^3/\mu\text{L}$
MONO#	0.34 $10^3/\mu\text{L}$	0.00 - 0.70 $10^3/\mu\text{L}$
EOS#	0.21 $10^3/\mu\text{L}$	0.00 - 0.40 $10^3/\mu\text{L}$
BASO#	0.02 $10^3/\mu\text{L}$	0.00 - 0.10 $10^3/\mu\text{L}$

Reported By:

Verified By:

ANANDH

Lab Technologist

MOH License No: 19245

Printed at: 28/08/2021 10:58:32 AM

Lab Technologist



Dr.Muhammad Azhar Imam
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

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INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	51.40 %	37.0 - 72.0 %
LYMPH%	39.40 %	10.0 - 58.5 %
MONO%	5.50 %	0.0 - 14.0 %
EOS%	3.40 %	0.0 - 6.0 %
BASO%	0.30 %	0.0 - 1.0 %
PLATELET	255.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.83 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.17 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.66 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	29.40 U/L	Men : 10 - 50 U/L Female : 10 - 35 U/L
ALT (SGPT)	34.10 U/L	Men : Up to 41 U/L Female : 10 - 35 U/L
ALP	62.00 U/L	Men : 40 - 129 U/L Female : 35 - 104 U/L
Total Protein	6.60 g/dL	6.6 - 8.7 g/dL
Albumin	4.20 g/dL	3.4 - 4.8 g/dL
Globulin	2.4 g/dL	1.8 - 3.6 g/dL
GGT	27.50 U/L	0 - 50 U/L
A:G Ratio	1.75	1.1-1.8
LIPID PROFILE		
Total Cholesterol	183.00 mg/dL	< 200 mg/dL
Triglyceride	250.40 mg/dL	<150 mg/dl

Reported By:

Verified By:



ANANDH

Lab Technologist

Lab Technologist



Dr. Muhammad Azhar Imam
Specialist Pathologist

MOH License No: 19245

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Page : 2 of 4

DEPARTMENT OF LABORATORY SERVICES

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GSM No.: 79538478 **ID Card No.:** 121716976
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INVESTIGATION	RESULT	REFERENCE RANGE
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HDL - CHOL	33.70 mg/dl	>45 mg/dl
LDL - CHOL	99.22 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	5.43	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:

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Page : 3 of 4

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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

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Dr. Muhammad Azhar Imam
Specialist Pathologist

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Page : 4 of 4

Id: 352058
Muhammad kashif

30/10/2019 12:48:50

*** WARNING: ECG QUALITY MAY AFFECT INTERPRETATION ***

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

HR: 66 bpm
PR: 144 ms
QRS: 80 ms
QT/QTcH: 348/359 ms
QTcB: 365 ms
QTcF: 359 ms

R_{max}-S_{min}: 1.22/0.51 mV
Sak-Lyon: 1.73 mV
Axis: 56/41/8 °

UNCONFIRMED REPORT

Med:
Tech:
Note:



EXAMINATION REPORT

Patient Name : MUHAMMAD KASHIF UMAR HAYAT

MRN : 352058

Procedure Date : 28-08-2021

Age/Sex : 29Y/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 Centre
Muscat, Oman

*** This Report is Digitally Signed**