



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.							
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L R	VISION DISTANT NEAR Uncorrected Corrected	Colour Vision	Blood Group	
182 cm	105 kg	31.7	130/80	82 b/min		6/6/6/6/6			
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS				N	A		
/		1. Urinalysis				/		7. Audiogram	
/		2. Hb, Bloodcount, 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.)									
Exercise, low fat diet.									
ASSESSMENT:									
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT									
Date: 30/1/2014		Name (Block Capitals): Dr. / Nurse			Signature:				
REVIEW/CONSULTATION									
Date:		Name (Block Capitals): Dr. / Nurse			Signature:				

Appendix 15: Fitness to Work Certificate

Employee Data		Date	
Name Manohar Singh		23/1/2024	
ID No. 77A34487		Department/Company To	
Age 34/4		Occupation	
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 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			
Date		23/1/2024	
Page 62		Specification	
The controlled version of this CMF Document resides online in Livelink®. Printed copies are UNCONTROLLED.			

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

Employee ID No.	Date: 23/1/24
Name: Manohar Singh	Department/Company:
L.O. No. 77434457	Tel # 7261597
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

0 watching TV

0 sitting inactive in a public place (e.g. theatre or meeting)

0 as a passenger in the car for an hour without a break

1 Lying down to rest in the afternoon when circumstances permit

0 Sitting and talking with someone

0 Sitting quietly after lunch without alcohol

0 In a car, while stopped for a few minutes in traffic

Total 1

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

Signature: 

Date: 23/1/24



Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:46PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:48PM
MRN / Nationality	700286282 / India	Reception Date/Time	23/01/2024 1:03PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1:54PM
Lab Number	7023465	Reporting Stage	Final
Test Priority	Routine		

Test	Result	Flag	Units	Reference Range	Sample Type	Methodology
BIOCHEMISTRY						
Random Blood Sugar (RBS)	5.52		mmol/L	3.7 - 7.8		Hexokinase

LIPID PROFILE

Cholesterol - Total	5.60		mmol/L	Desirable : <5.17 Borderline High : 5.17 - 6.18 High : >6.21	Serum	Enz. Colorimetric
Triglyceride	2.51	H	mmol/L	0.73 - 1.8	Serum	Enz. Colorimetric
HDL Cholesterol	1.10		mmol/L	No Risk : >1.68 Moderate Risk : 1.15 - 1.68 High Risk : <1.15	Serum	
LDL Cholesterol	3.36		mmol/L	Desirable : < 3.34 Borderline High : 3.37 - 4.12 High : >4.14	Serum	CALCULATED
VLDL	1.14	H	mmol/L	0.128 - 0.645		
Cholesterol / HDL Ratio	5.09	H	mmol/L	3.5 - 5		Calculation

LIVER FUNCTION TEST

Bilirubin-Total	0.456		mg/dl	0.1 - 1.2	Serum	Diazo
Direct Bilirubin	0.137		mg/dl	< 0.2	Serum	
SGOT (AST)	39.83		IU/L	0 - 40	Serum	

Ms. Jibi George
TECHNICIAN
LABORATORY

Dr. Shayfa Pallyali
Specialist Pathologist

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Print date and time 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman

T : +968 2568 8075
F : +968 2568 8025
M : +968 7155 9977
D : +968 7155 9977
E : oakh.ibr@asterhospital.com

[Aster@Home]
M : +968 9630 3232

هاتف: +968 2568 8075
فاكس: +968 2568 8025
تلفن: +968 7155 9977
www.aster.om

مستشفى عمان الخير ش.م.م.
ص.ب. ٤٠٠ الرمز البريدي: ٥١١
عبري سلطنة عمان

Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:46PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:49PM
MRN / Nationality	700286282 / India	Reception Date/Time	23/01/2024 1:03PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1:54PM
Lab Number	7023485	Reporting Stage	Final
Test Priority	Routine		

SGPT (ALT)	58.90	IU/L	10 - 60	Serum	FCC ;Tris buffer without P5P ; Kinsearch
Alkaline Phosphatase	111.83	IU/L	Adult: 37-116 1- 5 days : <245 6 days - 1 yr : 104-462 1 - 12 yrs : 42-300 13 - 17 yrs female : 47-187 13 -17 yrs male : 52-390	Serum	Colorimetric assay ; AMP buffer IFCC ; kinetic
Gamma GT	42.55	H IU/L	5 - 40	Serum	Enzymatic colorimetric assay : IFCC; Kinetic
Total Protein	7.09	g/dl	6.6 - 8.7		Colorimetric assay (Biuret reaction, endpoint)
Albumin	4.33	g/dl	3.2 - 5.4	Serum	Homogeneous enzymatic colorimetric assay:End point
Globulin	2.76	g/dl	2.3 - 3.2	Serum	Calculation
A/G Ratio	1.6	Ratio			

RENAL FUNCTION TEST

RENAL FUNCTION TEST

Urea	5.12	mmol/L	2 - 9	Serum	Kinetic test, urease and glutamate dehydrogenase
------	------	--------	-------	-------	--

Ms. Jibi George

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Print date and time 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman

T : + 968 2568 8075
F : + 968 2568 8025
M : +968 7155 9977
D : +968 7155 9977
E : oakh.ibri@asterhospital.com

[Aster@Home]

M : +968 9830 3232

هاتف: +968 2568 8075
فاكس: +968 2568 8025
نقال: +968 7155 9977
www.aster.om

مستشفى عمان الخير ش.م.م
ص.ب. ٤٠٠ الزم. البريدي: ٥١١
عبري، سلطنة عمان

Dr. Shayfa Pathyalil
Specialist Pathologist

Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:48PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:49PM
MRN / Nationality	700288282 / India	Reception Date/Time	23/01/2024 1:03PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1:38PM
Lab Number	7023465	Reporting Stage	Final
Test Priority	Routine		

Creatinine	74.24	umol/L	Male: 62 - 106 Female: 44 - 80 Neonates: 21 - 91 Children (2 To 12 Month): 15 - 37 Children (1 To 9 Years): 21 - 53 Children (9 To 15 Years): 34 - 77	Serum	Kinetic colorimetric assay based on Jaffe method
------------	-------	--------	--	-------	--

****End Of Report****

HAEMATOLOGY					
ESR / ERYTHROCYTE SEDIMENTATION RATE					
Erythrocyte Sedimentation Rate	03	mm/hr	1 - 15	W. B. EDTA	Modified Westergren

Sickle Cell Screening	Negative	Negative
-----------------------	----------	----------

TECHNICIAN

Ms. Jibi George

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Print date and time 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman

T : +968 2568 8075
F : +968 2568 8025
M : +968 7155 9977
D : +968 7155 9977
E : oakh.libri@asterhospital.com

(Aster@Home)
M : +968 9830 3232

هاتف: +968 2568 8075
فاكس: +968 2568 8025
تقال: +968 7155 9977
www.aster.om

مستشفى عمان الخير ش.م.ع.
ص.ب. 400 - البريمي - ا.د.
عمري سلطنة عمان



Page: 3 Of 6

Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:46PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:49PM
MRN / Nationality	700296282 / India	Reception Date/Time	23/01/2024 1:03PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1 54PM
Lab Number	7023465	Reporting Stage	Final
Test Priority	Routine		

CBC (COMPLETE BLOOD COUNT)

COMPLETE BLOOD COUNT

WBC Count	8.42	$10^3/\mu\text{L}$	4 - 11	EDTA WB	Impedance
DIFFERENTIAL COUNT (%)					
Neutrophils	53.1	%	45 - 75	EDTA WB	Impedance and Absorbance
Lymphocytes	34.9	%	20 - 45	EDTA WB	Optical
Eosinophils	5.5	%	1 - 6	EDTA WB	
Monocytes	5.9	%	2 - 10	EDTA WB	Impedance and Absorbance
Basophils	0.6	%	0 - 1	EDTA WB	Impedance and Absorbance
Hb/Hemoglobin	15.2	g/dl	13 - 17	EDTA WB	Photometry
RBC Count	4.93	$10^6 / \mu\text{L}$		EDTA WB	Impedance
Platelet Count	210	$10^3/\mu\text{L}$		EDTA WB	
HCT (Hematocrit)	43.9	%	37 - 51	EDTA WB	Calculation
MCV	89.1	fL	83 - 101	W. B. EDTA	Measurement
MCH	30.8	pg	27 - 32	W. B. EDTA	Calculation
MCHC	34.6	g/dl	31 - 37	W. B. EDTA	Calculation

****End Of Report****

SEROLOGY & IMMUNOLOGY

HIV(HUMAN IMMUNODEFICIENCY VIRUS)

HIV (Human Immunodeficiency Viruses)	0.149	COI	Non Reactive: <1.0 Reactive: ≥ 1.0	Serum	ECLIA
HIV - Remarks	Non-reactive		Non-Reactive		

METHOD: ELECTROCHEMILUMINESCENCE ASSAY (ECLIA)
Specimen: SERUM

Ms. Jibi George
GEOGRAPHIC
TECHNICIAN

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Print date and time 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman

T : +968 2568 8075
F : +968 2568 8025
M : +968 7155 9977
D : +968 7155 9977
E : oakh.ibri@asterhospital.com

[Aster@Home]
M : +968 9630 3232

هاتف: +968 2568 8075
فاكس: +968 2568 8025
تلفن: +968 7155 9977
www.aster.om

مستشفى عمان الخير ش.م.م
ص.ب. ٤٠٠ الرمز البريدي ٥١١
عبري سلطنة عمان



Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:46PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:49PM
MRN / Nationality	700286282 / India	Reception Date/Time	23/01/2024 1:33PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1:54PM
Lab Number	7023465	Reporting Stage	Final
Test Priority	Routine		

HBSAG / HEPATITIS B SURFACE ANTIGEN

HBsAg (Hepatitis B surface Antigen)	0.502	COI	Non-Reactive (0 - 1.0)	Serum	ECLIA
HBsAg (Hepatitis B surface Antigen) -	Non-reactive		Reactive (>1.0)		
			Non-Reactive		

METHOD: Electrochemiluminescence immunoassay(ECLIA)
Specimen: SERUM

HCV / HEPATITIS C VIRUS ANTIBODY

HEPATITIS C VIRUS ANTIBODY	0.049	COI	Non-Reactive (0 - 1.0)
HEPATITIS C VIRUS ANTIBODY-	Non-reactive		Reactive (>1.0)

METHOD: ELECTROCHEMILUMINESCENCE ASSAY (ECLIA)
Specimen: SERUM

****End Of Report****

CLINICAL PATHOLOGY

URINE ROUTINE

URINE ANALYSIS

CHEMICAL EXAMINATION

Glucose	Negative	Negative	GCD-POD
Protein	Negative	Negative	Protein error of pH indicator
Ketone	Negative	Negative	Legal's test
Bilirubin	Negative	Negative	
pH	5.5		Litmus paper
Urobilinogen	Negative	Trace	Diaz

MICROSCOPIC EXAMINATION

RBCs	0-1	/hpf	0 - 2	Urine
Pus Cells	0-2	/hpf	0 - 3	Urine
Epithelial Cells	NIL			Microscopy

Ms. Jibi George

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Print date and time 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code: 511
Ibri, Sultanate of Oman

T : +968 2568 8075
F : +968 2568 8025
M : +968 7155 9977
E : oakhibri@asterhospital.com

[Aster@Home]

M: +968 9830 3232

هاتف: +968 2568 8075
فاكس: +968 2568 8025
تلفن: +968 7155 9977
www.aster.om

مستشفى عمان الخير ش.م.ع.
ص.ب. ٤٠٠ - إربري - سلطنة عمان
عبري، سلطنة عمان



Dr. Shayfa Palliyalil
Specialist Pathologist

Laboratory Investigation Report

Patient Name	MANOHAR SINGH	Requesting Date/Time	23/01/2024 12:46PM
DOB/Gender	02/10/1986 (37 Yrs/Male)	Collection Date/Time	23/01/2024 12:49PM
MRN / Nationality	700286282 / India	Reception Date/Time	23/01/2024 1:33PM
Requesting Physician	Dr. OP SELF	Reporting Date/Time	23/01/2024 1:54PM
Lab Number	7023465	Reporting Stage	Final
Test Priority	Routine		

Bacteria	Present	Absent	Microscopy
Calcium -oxalate	NIL		
Triple-phosphate	NIL		
Uric acid crystal	NIL		
Amorphous urate	NIL		
Amorphous Phosphate	NIL		
Hyaline casts	NIL		
Granular Casts	NIL		
Yeast cells	NIL		

End Of Report

Ms. Jibi George

* Service mark as Outsource

This is an electronically authenticated report and doesn't require a wet signature

Page: 6 Of: 6

Print date and time: 1/23/2024 1:54:26 PM

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman

T : +968 2568 8075

F : +968 2568 802%

M: +868 7155 5977

☎: +968 7155 5977

E : oakh.ibn@gasterhospital.com

[Aster]@tamil

M: +968 9630 3232

+91867664456

• 47A 507A 50 = 4154

+97A. 97009977 = 110

www.aster.com

مستشفى، عمان الخير ش.م.م

04

www.elsevier.com/locate/jmb

Patient name	MANOHAR SINGH	Patient ID	700286282
Gender	Male	Age	37Y 3M
Study DateTime	2024-01-23 13:06:28	Referring Physician	OP SELF

CHEST X-RAY PA view

Findings:

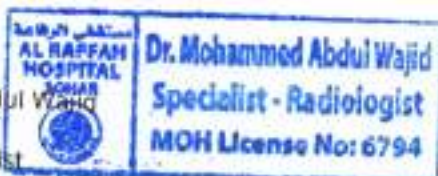
Lungs: Clear, no signs of infection or masses.
Heart: Normal size and shape.
Bones: Ribs, spine, and other bones appear normal.
CP angles: Clear with no evidence of effusion
Domes of diaphragm: Normal appearances

Impression:

No significant lung abnormality.



Dr. Mohammed Abdul Wajid
MBBS, MD, EDiR
Specialist Radiologist



This is a digitally signed valid document, Reported Date/Time: 2024-01-23 14:15:51



23-Jan-24 12:45:07 PM

Aster Hospital IBRI
ECG Room
ECG Room

Rate 82

PR 162
QRS 101
QT 359
QTc 420

--AXIS--

P 61
QRS 60
T 39

12 Lead; Standard Placement



I

aVR

V1

V4

II

aVL

V2

V5

III

aVF

V3

V6

II

Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 60~ 0.15-100 Hz

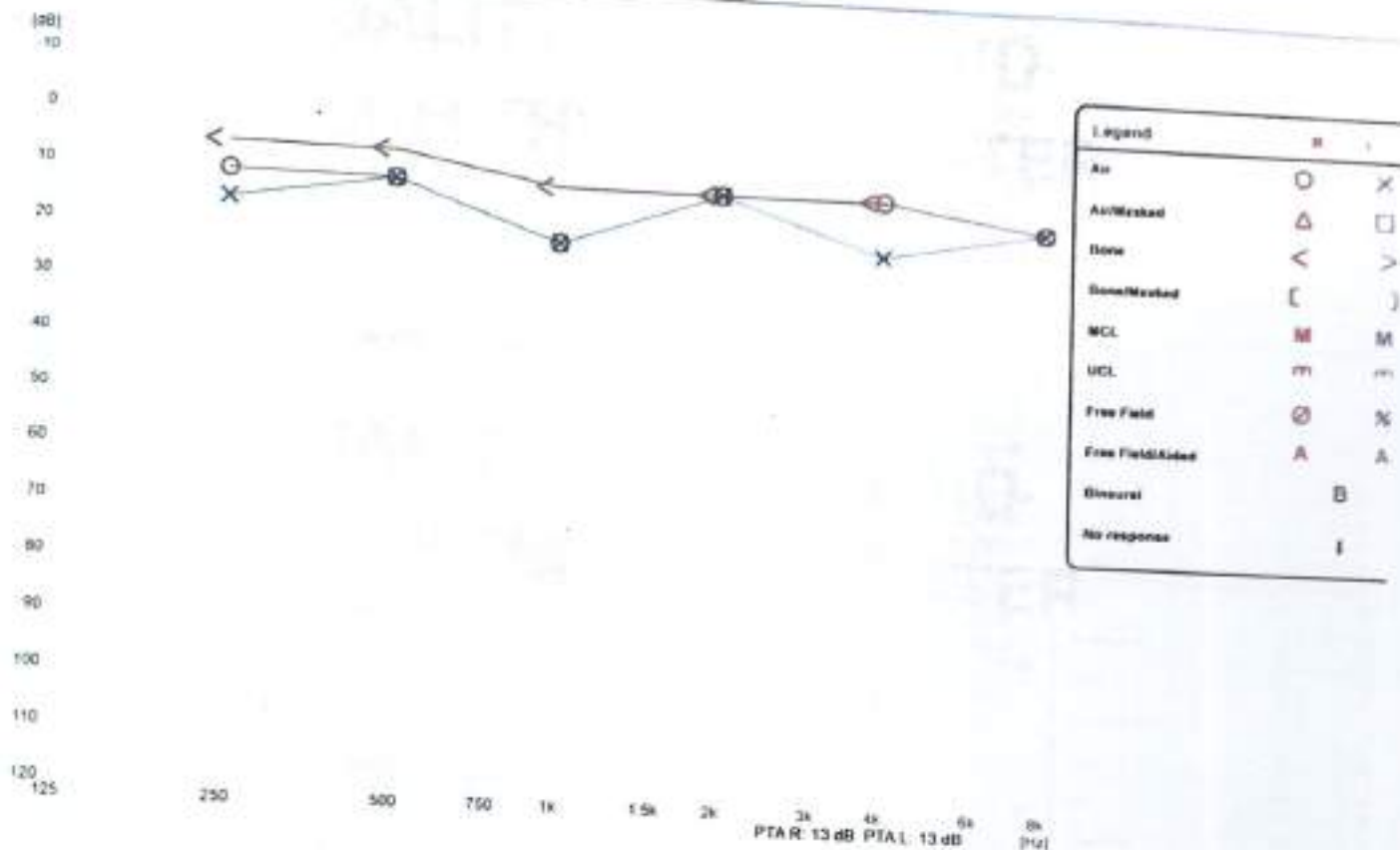
FB10

E

P?

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 700286282/77434487
 Last name First name: MANOHAR, SINGH
 Born: 23.01.2024
 Test type: Tonal audiometry
 Test date: 23.01.2024



Comments

BILATERAL NORMAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature:

Date: 23/01/2024