

Medical Fitness Certificate

Name of the Examined employee: SUKHWINDER SINGH

Age: 35

ID NUMBER:

Job Title:

Date of Medical Examination: 27.11.2021

Examining Physician:

Medical Centre: APOLLO HOSPITAL MUSCAT

Company:

Assessment Result:

Fit to work without restrictions

This Certificate is valid for 3 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. Dilip Singh
MBBS, MD, FRCP, FRCGS, FRCR
Specialist - Internal Medicine
Apollo Hospital Muscat



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name: <u>SUN HWINDEB -SINGH</u>	
		GIN #	
Place of examination <u>AHM</u>		Date <u>27-11-2021</u>	
Age: <u>25</u>		Nationality: <u>INDIAN</u>	Blood Group
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated /Divorced	Number of children: <u>2</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. Hay fever /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? <u>- N</u>		Average daily alcohol consumption <u>Occasional</u>	
Have you ever taken illicit drugs? ()			
FAMILY HISTORY: Diabetes (N) Tuberculosis (N) Epilepsy (N) Asthma (N) Eczema (N) Heart disease (N) High blood pressure (N) Stroke (N) Blood Diseases (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: <u>27-11-2021</u>			
Signature of Applicant: 			

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N	
Speech:		Whisper test:		
Near Vision Right eye:	N/6	Near Vision Left eye:	N/6	
Distant Vision Left eye:	6/6	Distant Vision Right eye:	6/6	
Height: 172	Weight: 102	BMI: 34.5	BP: 140/90	Pulse: 108
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	/			
Genitourinary	/			
Extremities	/			
Musculoskeletal	/			
Skin/varicose veins	/			
Neurological	/			
Mental fitness	/			
Breast				

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: <u>Sukhwinder Singh</u>	Age: <u>35</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>WNL</u>
Chest X-Ray	<u>WNL</u>

Blood Investigations:					
RBCs	<u>4.76</u>	4.20-5.30 X10 ⁶ /UL	SGOT	<u>26.80</u>	Male 10-30 Female 10-35 U/L
WBCs	<u>6.65</u>	4.0-11.0 X10 ³ /UL	SGPT	<u>36.60</u>	Male Up to 41 Female 10-35 U/L
NEUTRO	<u>63.30</u>	37-72%	GGT	<u>42.80</u>	0-50 U/L
EOSINO	<u>4.40</u>	0-6%	FBS:	<u>132.20</u>	80-110 mg/dl
BASO	<u>0.60</u>	0-1%	CHOLESTEROL:	<u>256.90</u>	Up to 200 mg/dl
LYMPHO	<u>27.20</u>	10-38%	HDL	<u>53.10</u>	20-60 mg/dl
MONO	<u>4.50</u>	0-14%	LDL	<u>164.18</u>	Up to 130 mg/dl
HEMATOCRIT	<u>42.90</u>	37-51%	TRIGLYCERIDES	<u>198.10</u>	35-175 mg/dl
HEMOGLOBIN	<u>13.80</u>	Male: 13.5-18.0 Female: 11.5-16.0 g/dl	CREATININE	<u>0.77</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	<u>03</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID	<u>Strong 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	<u>NIL</u>	Blood:	<u>NL</u>

Comments	<u>DM2 - To continue medications Advised diet & exercise.</u>	<u>HLN 8-6-1</u>
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Examining Physician:

Hospital/Clinic Seal

Dr. DILIP SINGHVI
MBBS, MD, DM, FRCP (UK)
Specialist - Internal Medicine
Apollo Hospitals
Private Hospital Mumbai

Schlumberger-Private



DEPARTMENT OF LABORATORY SERVICES

File No: 0292913
Name: SUKHWINDER SINGH
Address:
Gender: M Age: 35 Y Nationality: INDIAN
GSM No.: 95919557 ID Card No.: 115947181
Doctor: DR. DILIPKUMAR SINGVI

Report No: 0488397
Sample Date: 27/11/2021 Time: 12:16
Received Date: 27/11/2021 Time: 12:16
Report Date: 27/11/2021 Time: 19:10
Bill No: 1030925 Bill Date: 27/11/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
HBA1C (GLYCO HB)	8.6 %	ADA Guidelines: Normal- <5.7% Pre diabetes 5.7- 6.5 % Diabetes > 6.5% Target for patient with diabetes >7%

Verified By:

Reported By:



ANANDH

Lab Technologist

MOH License No: 19245

Printed at: 27/11/2021 20:55:18

Dr. Mohammed Atif Syed
Specialist Pathologist

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DEPARTMENT OF LABORATORY SERVICES

File No: 0292913	Report No: 0488316
Name: SUKHWINDER SINGH	Sample Date: 27/11/2021 Time: 7:24
	Received Date: 27/11/2021 Time: 7:24
Address:	Report Date: 27/11/2021 Time: 08:41
Gender: M Age: 35 Y Nationality: INDIAN	Bill No: 1030823 Bill Date: 27/11/2021
GSM No.: 95919557 ID Card No.: 115947181	Company: TRUCK OMAN LLC
Doctor: DR. DIPALI JESRANI	

INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	63.30 %	37.0 - 72.0 %
LYMPH%	27.20 %	10.0 - 58.5 %
MONO%	4.50 %	0.0 - 14.0 %
EOS%	4.40 %	0.0 - 6.0 %
BASO%	0.60 %	0.0 - 1.0 %
PLATELET	212.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.66 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.10 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.56 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	26.80 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	36.60 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	79.60 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	7.50 g/dL	6.6 - 8.7 g/dL
Albumin	4.90 g/dL	3.4 - 4.8 g/dL
Globulin	2.6 g/dL	1.8 - 3.6 g/dL
GGT	42.80 U/L	0 - 50 U/L
A.G Ratio	1.884615	1.1-1.8
LIPID PROFILE		
Total Cholesterol	256.90 mg/dL	< 200 mg/dL
Triglyceride	198.10 mg/dL	<150 mg/dl

Verified By:

Reported By:

M Rashid Pervez

M RASHID PERVEZ
Lab Technologist

MOH License No:

Printed at: 27/11/2021 20:55:32

Dr. Mohammed Atif Syed
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

File No: 0292913
Name: SUKHWINDER SINGH

Address:
Gender: M Age: 35 Y Nationality: INDIAN
GSM No.: 95919557 ID Card No.: 115947181
Doctor: DR. DIPALI JESRANI

Report No: 0488316
Sample Date: 27/11/2021 Time: 7:24
Received Date: 27/11/2021 Time: 7:24
Report Date: 27/11/2021 Time: 08:41
Bill No: 1030823 Bill Date: 27/11/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
TRUCK OMAN PRE-EMPLOYMENT CHECK UP		
Fasting Blood Glucose	132.20 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	03 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.77 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	6.65 $10^3/uL$	4.0-11.0x $10^3/mm^3$
RBC	4.76 $10^6/uL$	4.20 - 6.30 $10^6/uL$
HGB	13.80 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	42.90 %	37.0 - 51.0 %
MCV	90.10 fL	80.0 - 97.0 fL
MCH	29.00 pg	26.0 - 32.0 pg
MCHC	32.20 g/dL	31.0 - 36.0 g/dL
RDW	13.10 %	11.0 - 14.5 %
NEUT#	4.21 $10^3/uL$	1.50 - 7.00 $10^3/uL$
LYMPH#	1.81 $10^3/uL$	0.60 - 4.10 $10^3/uL$
MONO#	0.30 $10^3/uL$	0.00 - 0.70 $10^3/uL$
EOS#	0.29 $10^3/uL$	0.00 - 0.40 $10^3/uL$
BASO#	0.04 $10^3/uL$	0.00 - 0.10 $10^3/uL$

Verified By:

Reported By:

M Rashid Pervez

M RASHID PERVEZ
Lab Technologist

MOH License No:

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Dr. Mohammed Atif Syed
Specialist Pathologist

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DEPARTMENT OF LABORATORY SERVICES

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Address:
Gender: M **Age:** 35 Y **Nationality:** INDIAN
GSM No.: 95919557 **ID Card No.:** 115947181
Doctor: DR. DIPALI JESRANI

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Report Date: 27/11/2021 **Time:** 08:41
Bill No: 1030823 **Bill Date:** 27/11/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
HDL - CHOL	53.10 mg/dl	>45 mg/dl
LDL - CHOL	164.18 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4.84	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	30 ml	
Colour	Pale yellow	
Sp. Gravity	1.020	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Glucose	Negative	
Protein	Negative	
Ketones	Negative	
Blood	Negative	
Bilirubin	Negative	
Urobilinogen	Normal	
Nitrite	Negative	

Reported By:

Verified By:

M Rashid Pervez

Dr. Mohammed Atif Syed

M RASHID PERVEZ
Lab Technologist

Dr. Mohammed Atif Syed
Specialist Pathologist

MDH License No:
Printed at: 27/11/2021 20:55:32

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DEPARTMENT OF LABORATORY SERVICES

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Doctor: DR. DIPALI JESRANI	Company: TRUCK OMAN LLC

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:

M Rashid Pervez

M RASHID PERVEZ

Lab Technologist

Verified By:

Dr. Mohammed Atif Syed

Dr. Mohammed Atif Syed

Specialist Pathologist

MOH License No:

Printed at: 27/11/2021 20:55:32

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NAME	: SUKHWINDER SINGH	AGE	: 35 Y(05/12/1986)
GENDER	: Male	PATIENT ID	: 292913
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 27/11/2021 17:20 PM
CONSULTANT	: DR. DIPALI JESRANI	BILL NO	: 1030823
BILL DATE	: 27/11/2021		
TEST NAME	: CHEST PA		

X-RAY CHEST PA VIEW

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

Trachea is mid line.

Bilateral hilar shadows are symmetrical and normal in size .

Cardiac silhouette is normal. No signs suggestive of cardiac enlargement .

Bony thoracic cage appears normal.

No Soft tissue mass or calcification can be seen

Bilateral costophrenic angles are clear.

IMPRESSION:

Normal radiograph of the chest.

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 investigation 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 A KHUDHAIR AL SAEDI

Dr. WASSAN ABDUL REHMAN
SPECIALIST - RADIOLOGIST
MOH Licence No.: 14883
Apollo Hospital Muscat

292913
35 Years

sukhwinder
Male

27-Nov-21 9:19:03 AM

Rate 112

PR 132

QRSD 76

QT 326

QTc 445

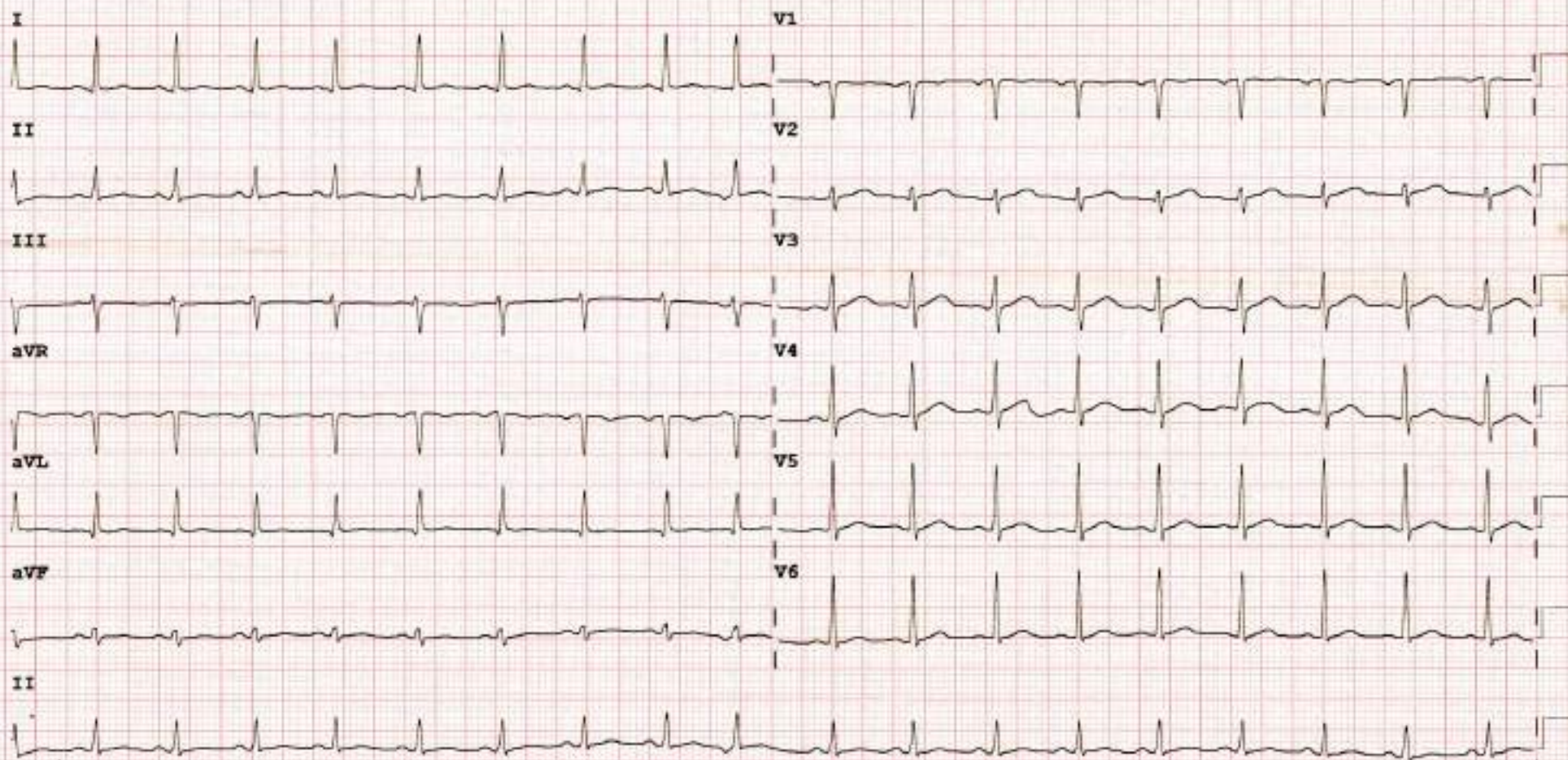
--AXIS--

P 12

QRS 6

T 40

12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limb: 5 mm/mV

Chest: 5.0 mm/mV

F 50~ 0.15~ 40 Hz

100B

CL

P?

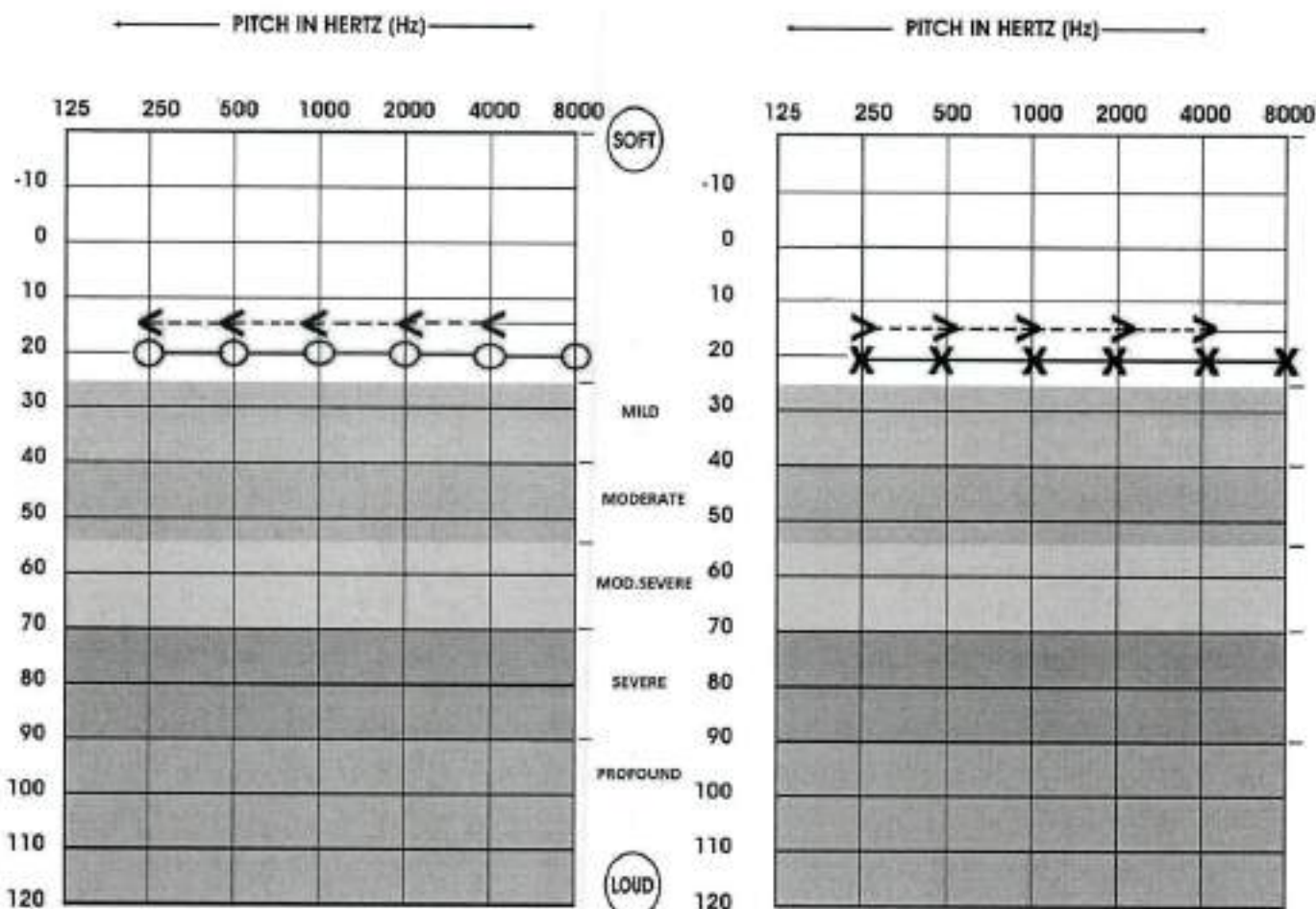
AUDIOGRAM EXAMINATION SHEET

FILE NO : 0292913 BILL NO : DATE : 27/11/2021

NAME : SUTHWINDER SINGH AGE / SEX : 35 years / M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER					

						SPECIAL TESTS			
dBHL	PTA	SRT	SIS(%)	MCL	UCL	SISI	TDT	MLB/BLB	OAE
RIGHT	20dBHL								
LEFT	20dBHL								

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :



SOMAN
AUDIOLOGIST
Apollo Hospital Muscat
AUDIOLOGIST