



Al Nile
Medical Complex
مجمع النيل الطبي

Medical Fitness Certificate

Name of the Examined : Mr. ASIF IQBAL
Age : 29yrs/M
ID Number : 121608146
Job Title : DRIVER
Date of medical Examination: 3/9/2024
Examining physician : DR.BARAA AL HAKEM
Medical centre : AL NILE MEDICAL CENTER
Company : TRUCK OMAN

Assessment Results

The certificate is valid for 2 years from the date of medical examination
Fitness classifications:

- ✓ Fit to work without restrictions
- Fit work with restrictions
- Unfit to work temporarily or definitely

FIT

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 geomarket health 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 Geo market 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.

COMMENTS

Creatinine: 1.49 mg/dl, advised to increase hydration, and repeat creatinine after a week

Examining physician stamp and signature

د. براء الحكيم
Dr. Baraa Al Hakem
مجمع النيل الطبي
AL NILE MEDICAL CENTER



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med – check History form		Name:	Mr. ASIF IQBAL		
		GIN:			
Place of examination	Date	Mobile:	94721021		
	3/9/2024				
Age: 29.Y	Nationality: PAKISTAN	Blood Group	B. POSITIVE		
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 2			
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)					
	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, DEPRESSION
5 ASTHMA / BRONCHITIS		☒	25- HIGH BLOOD PRESSURE	☒	43- TREATED FOR PROBLEM DRINKING OR DRUG ABUSE
6 HAY FEVER / OTHER SIGNIFICANT ALLERGY		☒	26- STROKE	☒	44- EXPOSED TO TOXIC SUBSTANCE OR NOISE
7 ANY SKIN TROUBLE		☒	27- SERIOUS CHEST PAIN	☒	45- FOR WOMEN ONLY HAVE YOU EVER HAD:-
8 TUBERCULOSIS		☒	28- ANY BLOOD DISEASE	☒	46- AN ABNORMAL SMEAR
9 SHORTNESS OF BREATH		☒	29- KIDNEY DISEASE	☒	47- ANY GYNAECOLOGICAL TREATMENT
10 COUGHED / VOMITED BLOOD		☒	30- BLOOD IN URINE	☒	48- ARE YOU PREGNANT?
11 SEVERE ABDOMINAL PAIN		☒	31- DIABETIS	☒	49- HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE
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?	MONTHLY ONCE/TWICE		AVERAGE DAILY ALCOHOL CONSUMPTION	NO	
HAVE YOU EVER TAKEN ILLEGAL DRUGS? ()	NO				
FAMILY HISTORY: DIABETES () TUBERCULOSIS () EPILEPSY () ASTHMA () ECZEMA () HEART DISEASE () HIGH BLOOD PRESSURE () STROKE () BLOOD DISEASE () CANCER () NIL					
PLEASE READ THE FOLLOWING STATEMENT AND IF YOU AGREE KINDLY SIGN IT :- I DECLARE 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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.					
GAT					
SIGNATURE OF APPLICANT: 					



VISUAL FIELDS:		Normal		COLOR VISION:		Normal	
SPEECH:		Normal		SHISPER TEST:		Normal	
NEAR VISION RIGHT EYE:		6/6		NEAR VISION LEFT EYE:		6/6	
DISTANT VISION LEFT EYE:		6/6		DISTANT VISION RIHT EYE:		6/6	
HEIGHT: 182.5 cm		WEIGHT: 82 kg		BMI: 25		BP: 130/82 mmHg	
						PULSE: 86 Beats/mt	
BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY				
EYES AND PUPILS	2						
EAR/ NOSE/ THROAT	2						
TEETH AND MOUTH	2						
LUNGS AND CHEST	2						
CARDIOVASCULAR	2						
ABDOMEN	2						
HERNIAL ORIFICES	2						
ANUS AND RECTUM	2						
GENITO - URINARY	2						
EXTREMITIES	2						
MUSCULOSKELETAL	2						
SKIN / VARICOSE VIENS	2						
NEUROLOGICAL	2						
MENTAL FITNESS	2						
BREAST	2						



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>Asif Iqbal</u>	AGE: <u>29</u>	SEX: <u>M</u>	COMPANY:	GIN:
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PAST MEDICAL HISTORY: <u>Nil</u>		BLOOD GROUP: <u>B. Positive</u>	
ALLERGIES: <u>Nil</u>			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

TESTS RESULTS	
AUDIOGRAM:	<u>Normal</u>
OSU 5 PANEL	

ECG	<u>Normal</u>
CHEST X-RAY	<u>Normal</u>

BLOOD INVESTIGATIONS					
RBCS	<u>6.13</u>	4.20-6.30*10 ⁶ /UL	SGOT	<u>15.9</u>	MALE:10-50 FFEMALE:10-35U/L
WBCS	<u>5830</u>	4.0-11.0*10 ³ /UL	SGPT	<u>24.4</u>	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	<u>53%</u>	37-72%	GGT	<u>23</u>	0-50U/L
EOSINO	<u>2%</u>	0-6%	FBS:	<u>5.5</u>	60-110 MG/DL
BAO	<u>0.1%</u>	0-1%	CHOLESTEROL	<u>177.8</u>	UP TO 200 MG/DL
LYMPHO	<u>38%</u>	10-58%	HDL	<u>67.59</u>	20-60 MG/DL
MONO	<u>8%</u>	0-14%	LDL	<u>108</u>	UP TO 130 MG/DL
HEMATOCRIT		37-51%	TRIGLYCERIDES	<u>112.5</u>	35-175 MG /DL
HEMOGLOBIN	<u>17</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	<u>1.49</u>	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	<u>1</u>	MALE:0-10 MM/HR FEMALE:0-20 MM/HR	URIC ACID	<u>6.1</u>	MALE:3.6-7.7 MG /DL FEMALE:2.5-6.8 MG /DL

URINE ANALYSIS			
BLOOD	<u>Nil</u>	SUGAR	<u>Nil</u>
ALBUMIN	<u>Nil</u>	OTHERS	<u>-</u>
STOOL ANALYSIS			
PARASITES	<u>Nil</u>	BLOOD	<u>Nil</u>

COMMENTS: Increase Hydration repeat Creatinine after week

EXAMINING PHYSICIAN



Patient Id : 24014425

Name : ASIF IQBAL

Consultant : DR BAREA AL HAKIM



X-Ray DR ISLAM.docx

Age:29 Y / Gender: M

Report Date : 03 /09/2024

CHEST X-RAY PA VIEW

Normal

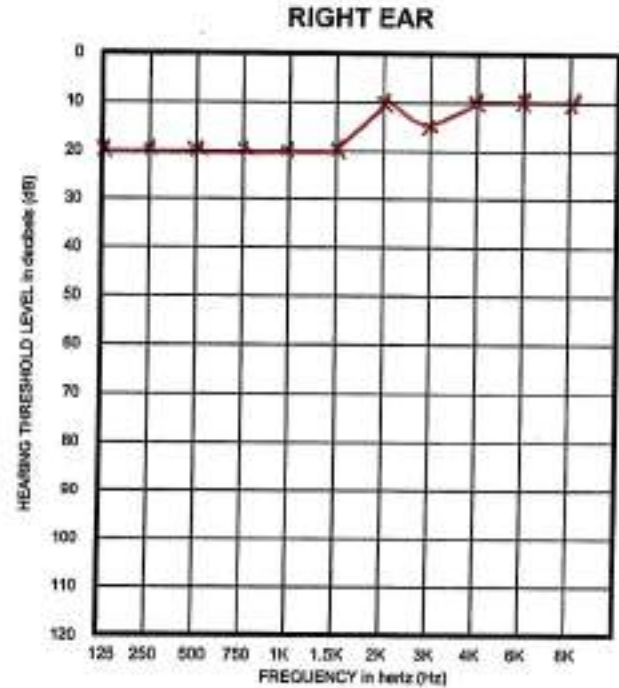
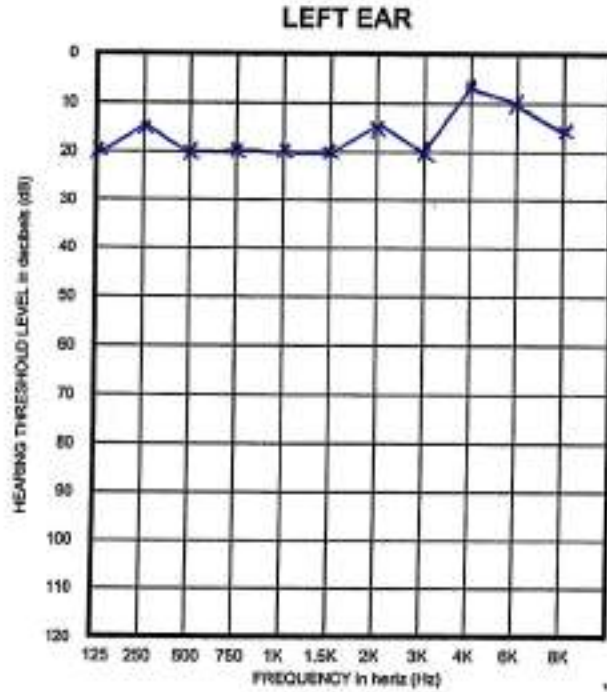
DR BAREA AL HAKIM





Patient Id : Mr. ASIF IOBAL (29 Y/M)
Name : 
Consultant : 24014425 DOB: 10/04/1995

Age / Gender :
Report Date : 3/9/2024



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

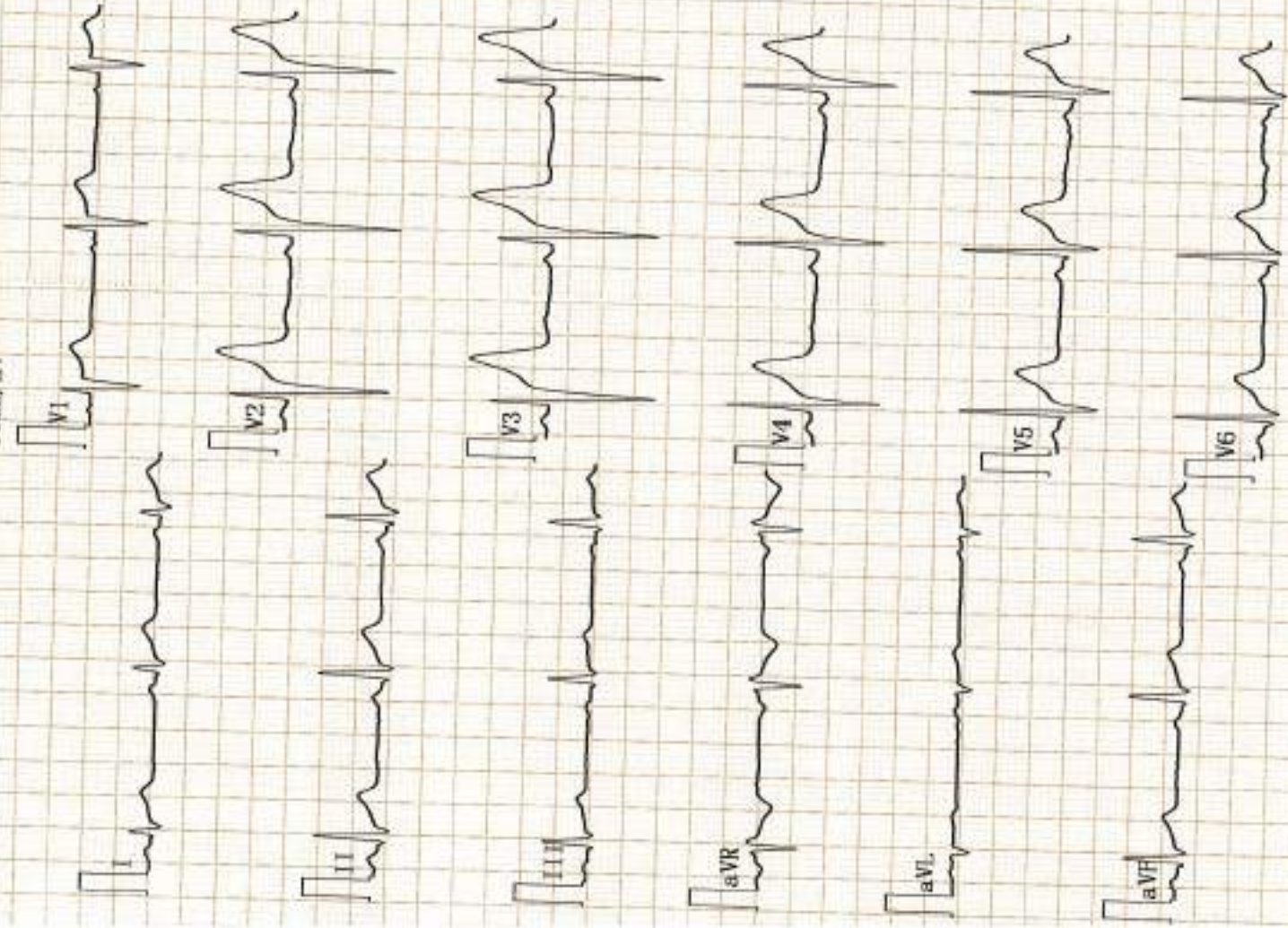
Provisional Diagnosis: BILATERAL HEARING SENSITIVITY NORMAL



Signature Audiologist

AUTO 10mm/mV

10mm/mV



1970-01-02 07:39:55
 Name : ASIF IQBAL
 Sex : Male Age : 29
 Section: DR. BAREA
 RoomID: _____
 BedID: _____
 ID: _____
 Operator: gigi
 Custom1: _____
 Custom2: _____

Data for reference only:
 HR : 64 bpm
 PR Interval : 151 ms
 P Duration : 117 ms
 QRS Duration : 106 ms
 T Duration : 179 ms
 QT/QTc : 364/374 ms
 P/QRS/T Axis deg : 53.4/82.7/53.7
 R (V5) /S (V1) mV : 1.48/0.70
 R (V5) +S (V1) mV : 2.18

10mm/mV 25mm/s

<< Conclusions >>

Normal Sinus Rhythm,
 Cardiac electric axis normal.

Report need physician confirm

Mr. ASIF IQBAL (29 Y/M)



24014425 DOB: 10/04/1995



25mm/s AC50Hz+EMG25Hz+DFT0.5Hz

Physician:



SID NO. : 01035591
Patient ID : 24014425
Name : Mr. ASIF IQBAL
Age / Gender : 29 Y / Male
Referrer : TRUCK OMAN
Consultant : Dr.Barea Al Hakim



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Collection Date & Time : 03/09/2024 08:15:02
Received Date & Time : 03/09/2024 08:16:45
Reported Date & Time : 03/09/2024 09:06:16

National ID : 121608146

Nationality

: PAKISTAN

Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
ALLERGY & IMMUNOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
DRUG SCREENING-10 Urine		
Amphetamine	Negative	NEGATIVE
Barbiturates	Negative	NEGATIVE
Cocaine	Negative	NEGATIVE
Marijuana	Negative	NEGATIVE
Morphine	Negative	NEGATIVE
SEROLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
Gamma-Glutamyltransferase (GGT)	23 U/L	5 - 36
BIOCHEMISTRY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
BLOOD SUGAR FASTING	5.5 mmol/l	3.3 - 6.1
CREATININE	1.49 mg/dl	Male: 0.7-1.4 mg/dl Female: 0.6-1.1mg/d
BILIRUBIN (DIRECT)	0.250 mg/dl	Up To: 0.3
BILIRUBIN (INDIRECT)	0.460 mg/dl	0.2 - 0.8
BILIRUBIN TOTAL	0.71 mg/dl	UP TO 1.1
SGOT	15.9 U/L	Upto 40
SGPT	24.4 U/L	less than 41
ALKALINE PHOSPHATASE	85.0 U/L	35 - 104
TOTAL PROTEIN	7.3 g/dL	6.6 - 8.7

Vivek Adattuppurath

Technician

MOH License No 12400





SID NO. : 01035591
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Test Name (Method/Specimen)	Result	Biological Reference
ALBUMIN	4.50 g/dL	3.5 - 5.2
GLOBULIN	2.8 g/L	2.0-3.9
LIPID PANEL		
TRIGLYCERIDE	112.5 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL	177.8 mg/dl	<200 mg/dl
HDL CHOLESTEROL	47.59 mg/dl	40-60
LDL CHOLESTEROL	108.0 mg/dl	UP TO 150 mg/dl
URIC ACID	6.1 mg/dl	Male:3.4-7.0 Female: 2.4-5.7
CLINICAL PATHOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
URINE ANALYSIS Microscopy/Urine		
Physical		
Color	Yellow	
Transparency	Clear	
Chemical		
Specific Gravity	1.030	
PH	Acidic	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	


Vivek Adattuppurath
Technician
MOH License No 12409





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Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Protein	NIL	
Nitrate	NIL	
Microscopic		
Leukocytes	NIL	
Pus Cells	3-5	
Erythrocytes	1-2 /hpf	0 - 2
Squamous Epithelial Cell	few /hpf	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	
Others	NIL	
STOOL ANALYSIS		
NOTION		
Physical		
Colour	Brownish	
Consistency	Semi Formed	
Microscopic		
Pus Cells	1-3 /hpf	
RBC Cells	0-1 /hpf	
E-HISTOLYTICA	NIL	
E-COLI	NIL	
Giardia Lamblia	NIL	
Taenia Saginata	NIL	
Taenia Solium	NIL	


Vivek Adattuppurath

Technician

MOH License No 12400





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Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Schistosoma Haematobium	NIL	
Ascaris Lumbricoides	NIL	
Trichris Trichiura	NIL	
Ancylostoma Duodenale	NIL	
Others	NIL	
HAEMATOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
SICKLING TEST	NEGATIVE	NEGATIVE
Complete blood count (CBC)		
Haemoglobin	17.0 gm/dl	13 - 18
TOTAL LEUCOCYTES COUNT	5830 Cells / Cumm	4000 - 11000
DIFFERENTIAL COUNT EDTA		
Neutrophil	53 %	45 - 70
Lymphocytes	38 %	15 - 45
Eosinophils	2 %	1 - 6
Monocyte	8 %	2 - 8
Basophils	0.1 %	less than 1
PACKED CELL VOLUME (HCT)	50.40 %	less than 54
RBC COUNT	6.13 millions/mm	4.5 - 5.5
MCV	82.2 fl	81.8 - 95.5
MCH	27.7 pg	27 - 32.3
MCHC	33.7 g/dL	32.4 - 35
PLATELET COUNT	301000 cu.mm	150,000 - 450,000


Vivek Adattuppurath
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: PAKISTAN

Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
RDW-CV	14 %	11 - 16
RDW-SD	40 fl	35 - 56
ESR(AUTOMATED)	1 mm/hr	< 15


Vivek Adattuppurath
Technician
MOH License No 12409

