

Medical Fitness Certificate

Name of the Examined employee: SOHAN SINGH SINGH

Age: 37

ID NUMBER:

Job Title:

Date of Medical Examination: 23.03.2025

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



Hospital/Clinic Seal



Med-check History Form		Name: <u>SOHAN SINGH</u>	
		GIN # <u>7096</u>	
Place of examination <u>Apollo Hospital</u>		Date <u>23-03-2025</u>	
		Mobile # <u>71341486</u>	
Age: <u>32</u>	Nationality: <u>Indian</u>	Blood Group: <u>O+</u>	
☒ 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		☒	
2. Neck swelling/glands		☒	
3. Difficulty in vision		☒	
4. Any ear discharge		☒	
5. Asthma/bronchitis		☒	
6. Hayfever /other significant allergy		☒	
7. Any skin trouble		☒	
8. Tuberculosis		☒	
9. Shortness of breath		☒	
10. Coughed/vomited blood		☒	
11. Severe abdominal pain		☒	
12. Stomach ulcer		☒	
13. Recurrent indigestion		☒	
14. Jaundice or hepatitis		☒	
15. Gall Bladder disease		☒	
16. Marked change in bowel habits		☒	
17. Blood in stools (motions)		☒	
18. Marked change in weight		☒	
19. Varicose veins		☒	
20. Lump in breast/armpit		☒	
21. Cancer		☒	
22. Heart Disease		☒	
23. Rheumatic fever		☒	
24. Abnormal heartbeat		☒	
25. High blood pressure		☒	
26. Stroke		☒	
27. Serious chest pain		☒	
28. Any blood disease		☒	
29. Kidney disease		☒	
30. Blood in urine		☒	
31. Diabetes		☒	
32. Headaches/migraine		☒	
33. Dizziness/fainting		☒	
34. Epilepsy		☒	
35. Joints/spinal trouble		☒	
36. Surgical operation		☒	
37. Serious accident/fracture		☒	
38. Tropical disease		☒	
39. Fear of heights		☒	
HAVE YOU EVER BEEN:-			
40. Rejected for employment or insurance for medical reasons			☒
41. Awarded benefits for industrial injury/illness			☒
42. Treated for a mental condition, e.g. depression			☒
43. Treated for problem drinking or drug abuse			☒
44. Exposed to toxic substance or noise			☒
FOR WOMEN ONLY			
Have you ever had:-			
45. An abnormal smear			☒
46. Any gynaecological treatment			☒
47. Are you pregnant?			☒
48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE			☒
How much tobacco each day?		Average daily alcohol consumption	
<u>2</u>		<u>2</u>	
Have you ever taken illicit drugs? <u>()</u>			
FAMILY HISTORY: Diabetes <u>()</u> Tuberculosis <u>()</u> Epilepsy <u>()</u> Asthma <u>()</u> Eczema <u>()</u> Heart disease <u>()</u> High blood pressure <u>()</u> Stroke <u>()</u> Blood Disease <u>()</u> Cancer <u>()</u>			
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>23-03-2025</u>		Signature of Applicant: <u>Sohan Singh</u>	

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	(N)
Speech:		Whisper test:	
Near Vision Right eye:	6/6	Near Vision Left eye:	6/6
Distant Vision Left eye:	N/6	Distant Vision Right eye:	N/6
Height: 175 cm	Weight: 91 kg	BMI: 29.71	BP: 140/80
			Pulse: 69/min
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>SOHAN SINGH SINGH</u>	Age: <u>37</u>	Sex: <u>M</u>	Company: <u>TRUCKOMAN</u>	GIN: <u></u>
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Past Medical History:		Blood Group
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>NORMAL</u>
Chest X-Ray	<u>NORMAL</u>

Blood Investigations:					
RBCs	<u>5.52</u>	4.20-5.30 X10 ⁶ /UL	SGOT	<u>22.69</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>7.07</u>	4.0-11.0 X10 ³ /UL	SGPT	<u>21.97</u>	Male: Up to 41 Female: 10-35 U/L
NEUTRO	<u>62.8</u>	37-72%	GGT	<u>24.53</u>	0-50 U/L
EOSINO	<u>2.1</u>	0-6%	FBS:	<u>106.69</u>	80-110 mg/dl
BASO	<u>0.6</u>	0-1%	CHOLESTEROL:	<u>184.70</u>	Up to 200 mg/dl
LYMPHO	<u>28.7</u>	10-58%	HDL	<u>43.85</u>	20-60 mg/dl
MONO	<u>5.8</u>	0-14%	LDL	<u>110.93</u>	Upto 130 mg/dl
HEMATOCRIT	<u>45.7</u>	37-51%	TRIGLYCERIDES	<u>149.61</u>	35-175 mg/dl
HEMOGLOBIN	<u>14.5</u>	Male: 13.5-15.0 Female: 11.5-15.0 g/dl	CREATININE	<u>0.61</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	<u>04</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID	<u>4.69</u>	Male: 3.5-7.7 mg/dl Female: 2.5-6.5 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>NIL</u>

Comments	
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Examining Physician:

Dr. AFROZA SULTANA
GENERAL PRACTITIONER
MOH Licence No. 77832
Apollo Hospital Muscat

Schlumberger-Private

Hospital/Clinic Seal





DEPARTMENT OF LABORATORY

Patient ID	: 423696	Doc No	: 2097402
Name	: SOHAN SINGH SINGH	Doc Date	: 23/03/2025 11:14
Age, Gender	: 37Y, Male	Bill No	: 1287060
Nationality	: INDIAN	Bill Date	: 23/03/2025 09:59
GSM No	: 71341486	Approved Date	: 23/03/2025 11:15:15
Doctor's Name	: DR.AFROZA SULTANA	Collected Time	: 23/03/2025 10:16
Customer	: TRUCK OMAN EQUIPMENT RENTAL LLC	Recieved Time	: 23/03/2025 10:11

Test	Result	Unit	Normal Range
RFT			
Serum Creatinine	0.61	mg/dl	Adults Male : 0.7 - 1.2 mg/dL Female : 0.5 - 1.1 mg/dL Pediatric Newborn: 0.3-1 mg/dL Child: 0.3-0.7 mg/dL Adolescent: 0.5-1 mg/dL
Blood urea	28.38	mg/dl	14 - 50 mg/dL
S.Uric Acid	4.69	mg/dL	Male:3.6 - 7.7 mg/dL Female:2.5 - 6.8 mg/dL

URINE DRUGSCREEN 10 PANEL

Amphetamine (AMP)	Negative	Negative
Barbiturates (BAR)	Negative	Negative
Benzodiazapines (BZO)	Negative	Negative
Cocaine (COC)	Negative	Negative
Methamphetamine (MET)	Negative	Negative
Methadone (MTD)	Negative	Negative
Opioid (OP)	Negative	Negative
Phencyclidine (PCP)	Negative	Negative
Tricyclic Antidepressants (TCA)	Negative	Negative
Marijuana (THC)	Negative	Negative

Urine routine analysis

Physical

Quantity	30 mL	Nil
Colour	Pale Yellow	Pale yellow
Sp. Gravity	1.015	1.003-1.035

Reported By:
ELIZABETH ELDOSE

Approved By:
DR MOHAMMED ATIF SYED



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Test	Result	Unit	Normal Range
pH	7		5-9
Appearance	Clear		Clear
Chemical			
Glucose	Negative		Negative
Protein	Negative		Negative
Ketones	Negative		Negative
Blood / haemoglobin	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Normal		Normal
Nitrite	Negative		Negative
Leucocytes	Negative		Negative
Microscopic Examination			
Pus Cells	2 - 3 Cells/HPF	Cells/HPF	0-5 Cells/HPF
RBC	0 Cells/HPF	Cells/HPF	0-2 Cells/HPF
Epithelial Cells	1 - 3 Cells/HPF	Cells/HPF	0-8 Cells/HPF
Casts	Absent		Absent
Crystals	Absent		Absent
Others	Absent		Absent

Stool routine analysis

PHYSICAL

Colour	Brownish	Yellowish Brown
Consistency	Well Formed	Well Formed
Reaction	Alkaline	Acidic
Adult Worms	Absent	Absent

MICROSCOPIC

Reported By:
ELIZABETH ELDMOSE

Approved By:
DR. MOHAMMED ATIF SYED



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Test	Result	Unit	Normal Range
Ova:	Absent		Absent
Cyst:	Absent		Absent
Pus Cells:	0- 2		Few
RBCs	Absent		Absent
Epithelial cells	Absent		Few
Trophozoites	Absent		Absent
Larvae	Absent		Absent
Eggs	Absent		Absent
Worms	Absent		Absent
Fat globules	Absent		Absent
Vegetable cells	Present		Present

Fasting Blood Glucose	106.69	mg/dL	Normal: <100 mg/dL Pre-diabetes: 100-125 mg/dL Diabetes: ≥126 mg/dL
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Lipid profile(CH,TG,HDL,LDL)

LIPID PROFILE

Total Cholesterol	184.70	mg/dl	< 200 mg/dL
Triglyceride	149.61	mg/dl	<150 mg/dl
HDL Cholesterol	43.85	mg/dl	>45 mg/dl
LDL Cholesterol	110.93	mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4.21		Desirable < 4
Non HDL - Cholesterol	140.85	mg/dL	<130 mg/dL

LFT

Total Bilirubin	0.84	mg/dl	Premature < 6 days: < 16 mg/dL Full-term < 6 days: < 12 mg/dL 7-14 days: <14.9 mg/dL
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Test	Result	Unit	Normal Range
			15 days to 17 years: <1.0 mg/dL ≥18 years: 0.3-1.1 mg/dL
Direct Bilirubin	0.12	mg/dl	Newborn < 0.6 mg/dL ≥ 1 month < 0.3 mg/dL
Indirect Bilirubin	0.72	mg/dl	Adults: 0.2 - 0.8 mg/dL
AST (SGOT)	22.69	U/L	Men : 10 - 50 U/L Female : 10 - 35 U/L
ALT (SGPT)	21.97	U/L	Men : Up to 41 U/L Female : 10 - 35 U/L
ALP	68.98	U/L	Adults: 30-129 U/L Pediatric 1-30 days: 75-316 U/L 30 days-1year: 82-383 U/L 1- 3 years: 104-345 U/L 4-6years 93-309 U/L 7-9 years: 86-315U/L 10-12 years: 42-362 U/L 13-15 years: 74-390 U/L 16-18 years: 52-171 U/L
Total Protein	7.26	g/dl	6.6 - 8.7 g/dL
Albumin	4.34	g/dl	3.4 - 4.8 g/dL
Globulin	2.92	g/dl	1.8 - 3.6 g/dL
A:G Ratio	1.49		1.1-1.8
GGT	24.53	U/L	0 - 50 U/L
CBC			
WBC COUNT	7.07	10 ³ /uL	4.0-11.0x10 ³ /mm ³
RBC	5.52	10 ⁶ /uL	4.20 - 6.30 10 ⁶ /uL
HGB	14.5	g/dL	Adults male: 13.0-17.0 g/dL Adults female: 12.0-15.0 g/dL
HCT	45.7	%	37.0 - 51.0 %

Reported By:
ELIZABETH ELDHOSE

Approved By:
DR MOHAMMED ATIF SYED



DEPARTMENT OF LABORATORY

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Test	Result	Unit	Normal Range
MCV	82.8	fL	80.0 - 97.0 fL
MCH	26.3	pg	26.0 - 32.0 pg
MCHC	31.7	g/dL	31.0 - 36.0 g/dL
RDW	12.7	%	11.0 - 14.5 %
NEUT#	4.44	10 ³ /uL	1.50 - 7.00 10 ³ /uL
LYMPH#	2.03	10 ³ /uL	0.60 - 4.0 10 ³ /uL
MONO#	0.41	10 ³ /uL	0.00 - 0.70 10 ³ /uL
EOS#	0.15	10 ³ /uL	0.00 - 0.50 10 ³ /uL
BASO#	0.04	10 ³ /uL	0.00 - 0.10 10 ³ /uL
NEUT%	62.8	%	37.0 - 72.0 %
LYMPH%	28.7	%	10.0 - 58.5 %
MONO%	5.8	%	0.0 - 14.0 %
EOS%	2.1	%	0.0 - 6.0 %
BASO%	0.6	%	0.0 - 1.0 %
NRBC	0.00	%	N/A
IG	0.30	%	N/A
PLATELET	185	10 ³ /uL	140 - 440 10 ³ /uL
PDW	14.6	fL	9 - 16 fL
MPV	12		7.2 - 11.7 fL
P-LCR	37.7		15 - 35 %
PCT	0.21		0.22 - 0.24 %
ESR	04	mm/hour	Male : 0-10 mm/hour Female: 0-20 mm/hour
Blood Group : ABO - Rh			NA
ABO	"O"		

Reported By:
ELIZABETH ELDBOSE

Approved By:
DR MOHAMMED ATIF SYED

MOH License: 248940
Sr. Lab Technologist

MOH License: 20491
Paediatric Pathologist

DEPARTMENT OF LABORATORY

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Test	Result	Unit	Normal Range
Rh	Positive		
Sickle cell Screen test	Negative		

Remarks:

Reported By:
ELIZABETH ELDOSE

Approved By:
DR MOHAMMED ATIF SYED

MOH License: 248940
Sr. Lab Technologist

MOH License: 20491
Consultant Pathologist

Id:

23/03/2025 10:41:55

Unknown — (—) Unknown

Height: 0 cm Weight: 0 kg BP: 0/0 mmHg

Med:

Tech:

Note:

HR: 69 bpm

PR: 242 ms

QRS: 102 ms

QT/QTc: 382/398 ms

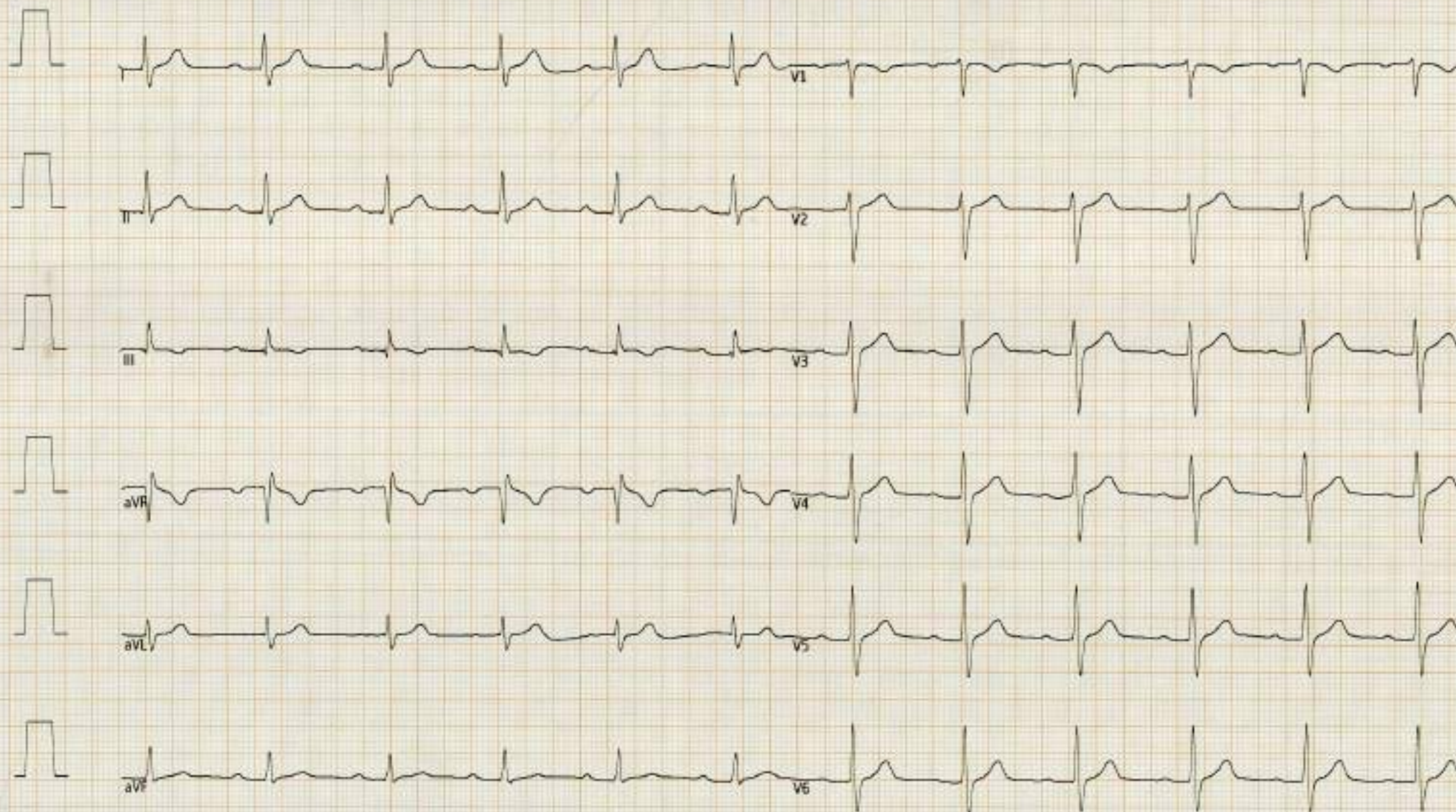
QTcB: 410 ms

QTcF: 400 ms

R-wave/Sw: 1.19/0.77 mV

Sak-Lyon: 1.95 mV

Axis: 61/67/24°

Sohan Singh Singh
423606, 3TY/M

AUDIOGRAM EXAMINATION SHEET

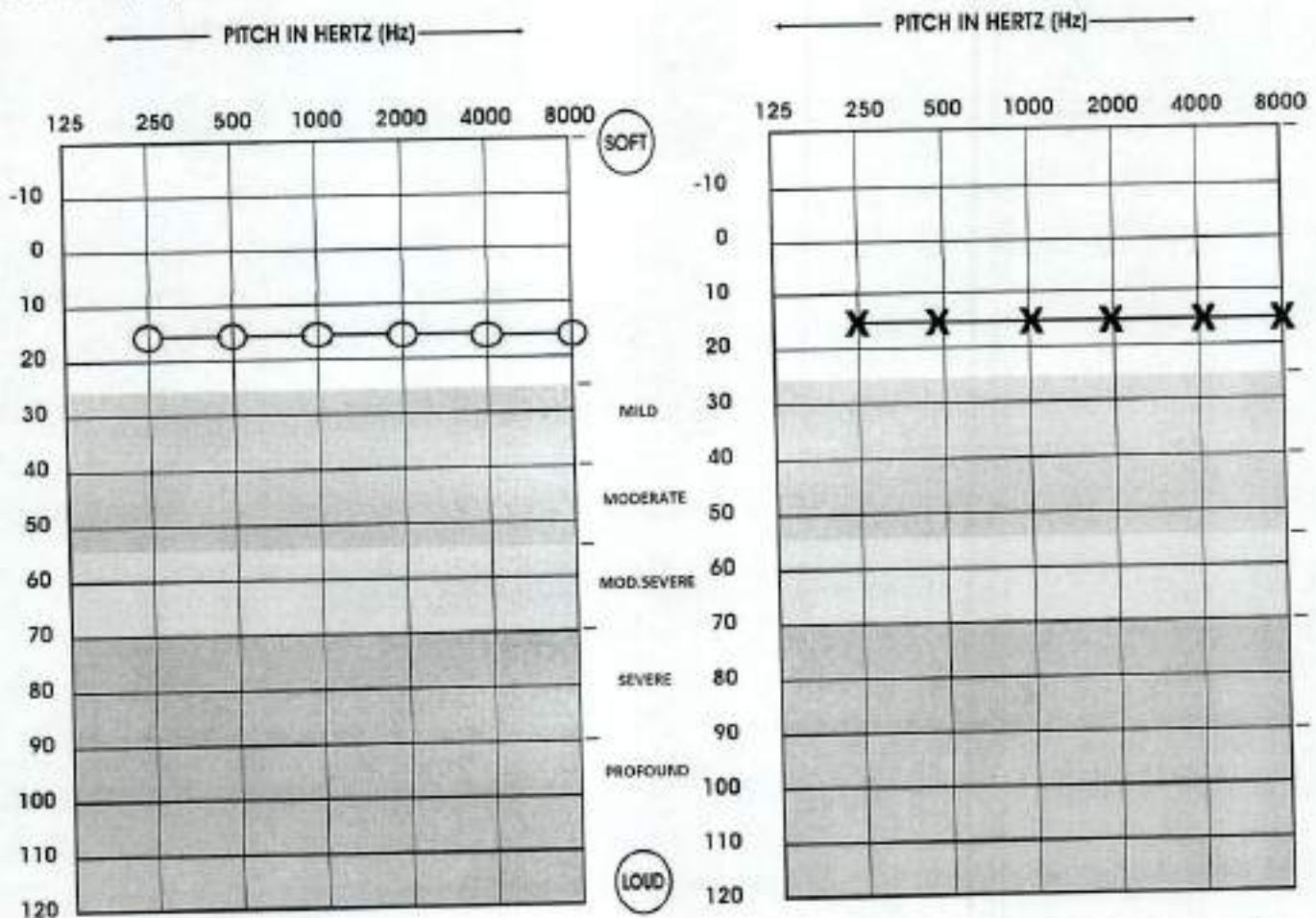
P.O. Box : 1007, Al-Hamriya, Postal Code : 131
Muscat, Sultanate of Oman
Tel : 2478 7766, Fax : 2470 0095

FILE NO : 423696 BILL NO : _____ DATE : 23/03/2025

NAME : SOHAN SINGH SINGH AGE / SEX : 374 / MALE

COMPANY : TRUCK OMAN EQUIPMENT RENTAL LLC DOB : _____

CONSULTANT (REF) : _____



WEBER					

						SPECIAL TESTS			OAE
dBHL	PTA	SRT	SIS(%)	MCL	UCL	SISI	TDT	MLB/BLB	
RIGHT	15								
LEFT	15								

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :

AHM/QF/AUD/005

DIVYA SEBASTIAN
AUDIOLOGY TECHNICIAN
MOH Licence No.: 10260
Apollo Hospital Muscat
AUDIOLOGIST

RADIOLOGY

SI No	:44740	REPORT DATE	
NAME	:SOHAN SINGH SINGH	PATIENT ID	:423696
GENDER , AGE	:N/A, 37Y	BILL DATE	:Mar 23 2025 11:08AM
COMPANY	:TRUCK OMAN EQUIPMENT RENTAL LLC	BILL NO	:
REFERRED BY	:DR.AFROZA SULTANA	CERTIFICATE NO	:
NATIONALITY	:INDIA	POLICY NO	:

RADIOGRAPH CHEST PA VIEW

OBSERVATION : Allowing for the rotation and mid inspiratory film

Trachea appears to be in mid line.

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

Bilateral costophrenic and cardiophrenic angles appear normal.

Bilateral hila appear symmetrical and normal in size.

Cardiac silhouette appears within normal limits.

Bony thoracic appears normal.

No Soft tissue mass or calcification can be seen

IMPRESSION:

Unremarkable chest radiograph

Please correlate clinically & other investigation

Dr. Rameez Ghouse
MBBS, MD (Radio diagnosis)
RADIOLOGIST

Dr. Rameez Ghouse

MBBS, MD (Radio diagnosis)

RADIOLOGIST