

Medical Fitness Certificate

Name of the Examined : Mr. GURJIT SINGH HARBHAJAN SINGH
Age : 39Y/M
ID Number : 115664864
Date of medical Examination: 26/05/2025
Examining physician : DR. WEAM FAISAL

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 geo market 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

HE IS KNOWN HYPERTENSIVE, ALREADY ON TREATMENT.

Examining physician stamp and signature



Hospital Stamp



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	Gurjit Singh Lambhayan Singh	
		GIN:		
Place of examination Al Nile Medical		Date	26/05/2025	
		Mobile:	78420162	
Age: 29 yrs	Nationality: Indian	Blood Group	AB ⁺ VE	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 7000		
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)				
	Y	N		Y
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-ASHMA / 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?	No Smokes		AVERAGE DAILY ALCOHOL CONSUMPTION	Nil
HAVE YOU EVER TAKEN ELICITED DRUGS ? () NO				
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: 26/5/2025				
SIGNATURE OF APPLICANT:				

Gurjit Singh



VISUAL FIELDS:	NORMAL		COLOR VISION:	NORMAL
SPEECH:	NORMAL		SHISPER TEST:	NORMAL
NEAR VISION RIGHT EYE:	NORMAL 6/6		NEAR VISION LEFT EYE:	NORMAL 6/6
DISTANT VISION LEFT EYE:	NORMAL 6/6		DISTANT VISION RIHT EYE:	NORMAL 6/6
HEIGHT: 188cm.	WEIGHT: 93.7kg.	BMI: 26.5	BP: 150/90	PULSE: 100/m

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	✓		

Gurjit Singh



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>Gangit Singh</u>	AGE: <u>39</u>	SEX: <u>M</u>	COMPANY: <u>Truck owner</u>	GIN: <u></u>
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PAST MEDICAL HISTORY <u>HTN</u>		BLOOD GROUP <u>AB⁺ve.</u>	
ALLERGIES: <u>NO</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>5.33</u>	4.20-5.30*10 ⁶ /UL	SGOT	<u>38.1</u>	MALE:10-50 FEMALE:10-35U/L
WBCS	<u>5.52</u>	4.0-11.0*10 ³ /UL	SGPT	<u>44.4</u>	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	<u>60.27</u>	37-72%	GGT	<u>34.1</u>	0-50/UL
EOSINO	<u>2.3</u>	0-6%	FBS:	<u>5.82</u>	60-110 MG/DL
BAZO	<u>0.17</u>	0-1%	CHOLESTEROL	<u>192.4</u>	UP TO 200 MG/DL
LYMPHO	<u>31.67</u>	10-58%	HDL	<u>39.2</u>	20-60 MG/DL
MONO	<u>5.71</u>	0-14%	LDL	<u>139</u>	UP TO 130 MG/DL
HEMATOCRIT	<u>45.47</u>	37-51%	TRIGLYCERIDES	<u>72</u>	35-175 MG/DL
HEMOGLOBIN	<u>15.27</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	<u>1.06</u>	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	<u>4.0</u>	MALE:0-10 MM/HR FEMALE:0-20 MM/HR	URIC ACID	<u>5.1</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	
STOOL ANALYSIS			
PARASITES	<u>NIL</u>	BLOOD	<u>NIL</u>

COMMENTS	<u>HE IS KNOWN HYPERTENSIVE</u>
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EXAMINING PHYSICIAN

ON MEDICATIONS, HIS BP LAST

READING
142/89.

Gangit Singh





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: GURJIT SINGH
HARBHAJAN SINGH
File No: 25008984
Age: 39y 8m 24d
Gender: Male
Nationality: India

Name : **GURJIT SINGH HARBHAJAN SINGH**

Default Uni

Results

Copy Results

Estimated 10-year Global CVD Risk

6.7%

Risk Category

Low Risk

Estimated Vascular Age

48 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets

>50 % decrease in LDL-C

ESC (2007, see info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

Dr. Weam Faisal Ibrahim

Handwritten signature





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: GURJIT SINGH
HARBHAJAN SINGH
File No: 25008984
Age: 39y 8m 24d
Gender: Male
Nationality: India

Patient Name: GURJIT HARBHAJAN SINGH
Prof. Dr. Dear Colleague
Date: 26 May 2025
Examination: CHEST XRAY PA & LATERAL VIEWS

REPORT

- Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.
- Normal appearance of Aortic and both broncho-vascular shadows.
- Maintained cardio-thoracic ratio.
- No obvious hilar or mediastinal mass lesion or lymph nodal enlargement.
- Costo-phrenic & cardio-phrenic pleural angles are free.
- Bony framework & soft tissue shadows are within normal limits.

OPINION:

Apparently normal chest X-RAY.



MUCH OBLIGED,
Dr. Nesreen Ghazy
Lic No: 26650



Al Nile Hospital
مستشفى النيل

Patient Name: GURJIT SINGH
HARBHAJAN SINGH
File No: 25008984
Age: 39y 8m 24d
Gender: Male
Nationality: India

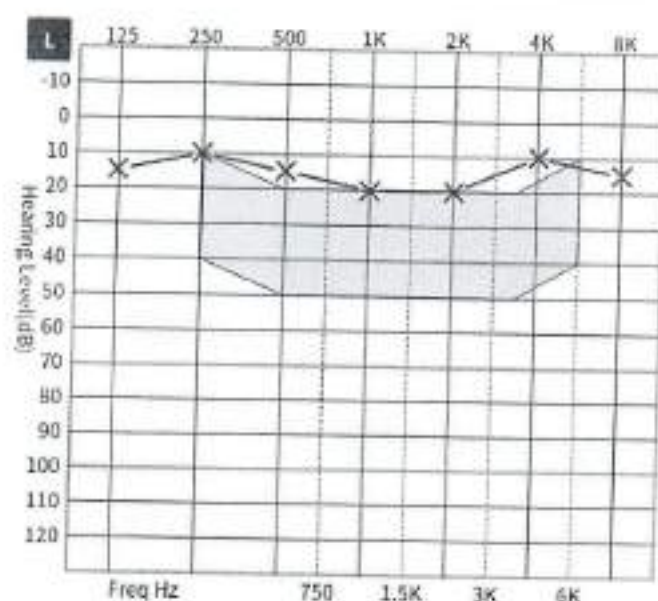
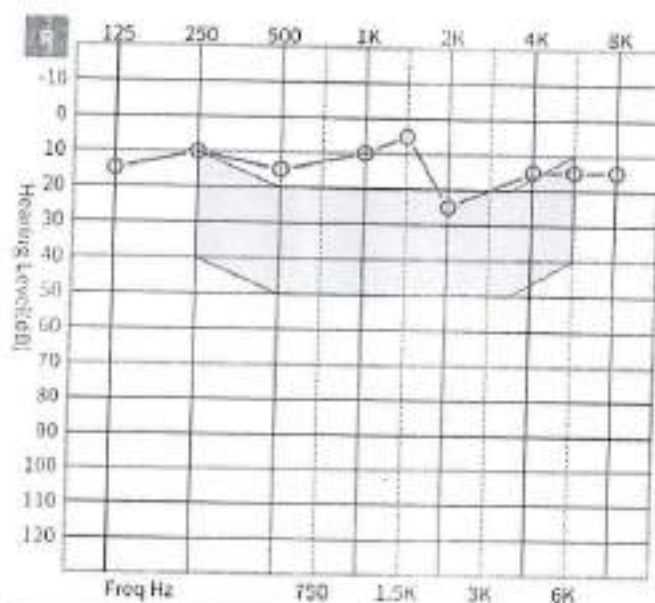
PTA Test Report

ID:25008984

Gender:Male

Name: GURJIT SINGH

Age:39Y



Test Result: BILATERAL HEARING SENSITIVITY IS IN NORMAL LIMITS



Test Date: 2025-05-25 22:59

Printing Date: 2025-05-25 22:59

Examiner: _____



Al Nile Medical Complex

مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128842
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	GURJIT SINGH HARBHAJAN SINGH	Date:	26/05/2025 09:25:52
File No:	25008984	Age/Gender:	39y 8m 24d / M
Payer Name:		Std No:	BIIIW20695
Insurance Card No:	--	Collection Date & Time:	26/05/2025 08:58:11
Doctor:	DR. Weam Faisal Ibrahim Alnour	Received Date & Time:	26/05/2025 09:25:51
Billing Time:	26/05/2025 08:42:30	Reported Date & Time:	26/05/2025 10:22:32
	Mobile: 78420162	Id Card No:	115664864

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	5.87 mmol/m	3.3-6.1
CHOLESTEROL	192.4 mg/dl	< 200.0
LDL CHOLESTEROL	139.0 mg/dl	< 150.0
HDL CHOLESTEROL	39.27 mg/dl	40.0-60.0
TRIGLYCERIDE	72.1 mg/dl	40.0-160.0
URIC ACID	5.1 mg/dl	3.4-7.0
Gamma-Glutamyltransferase (GGT)	34.0 U/L	5.0-63.0
SGOT	38.1 U/L	< 40.0
SGPT	44.4 U/L	< 41.0
CREATININE	1.06 mg/dl	0.7-1.4
Complete Blood Count		
Haemoglobin	15.2 mg/dl	13.0-18.0
Total leucocyte count	5,520.0 Cells / Cumm	3,999.0-11,000.0
Differential count		
Neutrophil	60.2 %	40.0-75.0
Lymphocytes	31.6 %	15.0-45.0
Eosinophils	2.3 %	1.0-6.0
Monocyte	5.7 %	2.0-8.0
Basophils	0.1 %	< 10.0
Packed cell volum	45.4 %	< 54.0
RBC count	5.33 millions/mm	4.5-5.5
MCV	85.2 fl	81.8-95.5
MCH	28.6 pg	27.0-32.3
MCHC	33.5 g/dl	32.4-35.0
Platelet count	215,000.0 Cumm	150,000.0-400,000.0
RDW-CV	14.6 %	11.0-16.0
RDW-SD	45.3 fl	35.0-56.0
ESR(AUTOMATED)	4.0 mm/hr	< 15.0
BLOOD GROUP	AB	-
RH Typing	POSITIVE	-
Physical		
Color	Brownish	-
Consistency	Semi loose	-



Al Nile Medical Complex مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
Occult Blood		-
Microscopic		
Pus Cells	1-2	-
RBC Cells	1-2	-
E-Hisolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Ascaris Lumbricoides	NIL	-
Trichis Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	NIL	-
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-
Specific Gravity	1.015	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-3	-
Erythrocytes	0-2	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-

2025-05-26 10:24:37

End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245

Hajar



<< Conclusions >>

Normal Sinus Rhythm

Longitudinal left axis deviation

Report need physician confirm

Patient Name: GURJIT SINGH
 HARSHAJAN SINGH
 File No: 25008984
 Age: 39y 8m 24d
 Gender: Male
 Nationality: India

C34



Physician:

mV

10mm/mV

