

Fitness to Work Certificate

Employee Data		Date : 1/4/24	
Name : Muhammad Naem		Department/Company	
LD No : 76647418	Age : 41y	Occupation : Heavy driver	
Type of Medical Evaluation		Mark those applying	
A1 Aircraft refueling		A6 Fire /Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	☒
A3 Business traveler		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		4/23	FIT
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) – Working Conditions (Extreme / Interior Clinic / Confined Work Place / Noisy)			
Temporary Unfit until			
Permanently Unfit		Date	
Name of health advisor	Signature	Date : 1/4/24	



Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)



Surname	muhammad naaem
Forenames :	
Address	Pakistan
Home telephone number	0092 3488698527

Place of examination BADR AL SAMAA	Date 1/4/24
If a dependant enter employee's name here:	
Surname:	Forenames:
Birth date: 23.7.84	Nationality: Pakistan
Country of birth: Pakistan	Religion: Islam
☒ Male ☐ Female	☐ Married ☐ Single ☐ Separated /Divorced
Relationship to employee	Number of children: 3
☐ Wife ☐ Son ☒ Daughter	

Reason for examination Pre-Employment Job: ☐	Heavy driver
Pre-Overseas Area: ☐	

Name and address of family doctor	List your last 3 jobs
	(1)
	(2)

Are you a Registered Disabled Person? (UK only) ☐	Do you belong to any Medical Insurance Scheme? ☒
--	--

DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)

	Y	N		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, e.g. depression		
5. Asthma/bronchitis			25. High blood pressure			43. Treated for problem drinking or drug abuse		
6. Hayfever/other significant allergy			26. Stroke			44. Exposed to toxic substance or noise		
7. Any skin trouble			27. Serious chest pain			FOR WOMEN ONLY		
8. Tuberculosis			28. Any blood disease			Have you ever had:-		
9. Shortness of breath			29. Kidney disease			45. An abnormal smear		
10. Coughed/vomited blood			30. Blood in urine			46. Any gynaecological treatment		
11. Severe abdominal pain			31. Diabetes			47. Are you pregnant?		
12. Stomach ulcer			32. Headaches/migraine			48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
13. Recurrent indigestion			33. Dizziness/fainting					
14. Jaundice or hepatitis			34. Epilepsy					
15. Gall Bladder disease			35. Joint/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/arm/pit								

How much tobacco each day? Nil	Average daily alcohol consumption Nil
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Have you ever taken illicit drugs? (X) PDO test all new/potential employees for illicit/recreational drugs

FAMILY HISTORY: Diabetes (X) Tuberculosis (X) Epilepsy (X) Asthma (X) Eczema ()

Heart disease (X) High blood pressure (X) Stroke (X) Blood Disease () Cancer (X)

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 if required, and the details sent to my own doctor if this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.

Date: 1/4/24 Signature of Applicant: [Signature]

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581



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

Employee Data		Date: 1/4/24
Name: Muhammad Nasser		Department/Company:
I. D No. 76647418	Tel #	Occupation : Driver

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	FIT
1	Slight chance of dozing	
2	Moderate chance of dozing	
3	High chance of dozing	

<u>0</u>	sitting and reading
<u>0</u>	watching TV
<u>0</u>	sitting inactive in a public place (e.g. theatre or meeting)
<u>1</u>	as a passenger in the car for an hour without a break
<u>1</u>	Lying down to rest in the afternoon when circumstances permit
<u>0</u>	Sitting a talking with someone
<u>0</u>	Sitting quietly after lunch without alcohol
<u>0</u>	In a car, while stopped for a few minutes in traffic

Total 2

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

Signature: _____ **Date:** 1/4/24

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581





MEDICAL FITNESS CERTIFICATE FOR PDO

NAME

MUHAMMAD NAEEM

AGE/D.O.B

41Y, 27.07.1982

DATE

01.04.2024

PASS/ID NO:

76647418

GENDER

MALE

VISION-RT-EYE

6/6 WITHOUT GLASSES

HEIGHT

176 CM

LT-EYE

6/6 WITHOUT GLASSES

WEIGHT

98 KG

HEART

NORMAL

BP

130/88 mmHg

LUNGS

NORMAL

PULSE

70/Min

ABDOMEN

NORMAL

CNS

NORMAL

SKIN

NORMAL

ENT

NORMAL

INVESTIGATIONS:-

BLOOD GROUP

AB POSITIVE

RBS

NORMAL

HAEMOGRAM

NORMAL

LIPIDPROFILE

DLP

RFT

NORMAL

LFT

NORMAL

SICKLING TEST

NEGATIVE

URE

NORMAL

ECG

NORMAL

FRAMINGHAM SCORE

Probability of developing cardiovascular disease in next 10 years is 2.2 %

AUDIOGRAM

Normal hearing threshold with dip at 4khz

COMMENTS

Class I obesity - Advised lifestyle modification & weight reduction

To use adequate ear protection in high noise environment

DLP- Advised life style modification

CONCLUSION:-

MEDICALLY FIT

FIT

Signature:

[Signature]

Dr.B.VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581





File No: 3231380
Name: MUHAMMAD NAEEM
Age: 41 Y Sex: M
Nationality: PAKISTANI
GSM No.: 92887274
Ref. By: DR. VENKATESH KUMAR

Doc No: 3742010
Date: 01/04/2024 Time: 20:10
Bill No: 4636197
Chs No:
ID No:

Test	Result	Normal Range
BLOOD GROUP	AB	
Rh	POSITIVE	
HAEMOGRAM		
TOTAL COUNT(W B C)	9.8 K/uL	4.0 - 11.0 K/uL
DIFFERENTIAL COUNT		
NEUTROPHILS	51 %	40- 75 %
LYMPHOCYTES	37 %	20 -45 %
EOSINOPHILS	05 %	01 - 06 %
MONOCYTS	07 %	02 - 10 %
BASOPHILS	00 %	
HAEMOGLOBIN	16.5 gm/dl	Male : 14 - 18 gm/dl Female - 12-16 gm/dl
R B C COUNT	5.7 mil/uL	3.8 - 5.8 mil/uL
PCV	48.0 %	37 - 47 %
M C V	84.0 fL	78 - 93 fL
M C H	28.8 pg	27 - 32 pg
M C H C	34.3 gm/dL	31 - 35 gm/dL
PLATELET COUNT	245 k/UI	150 - 400 k/UI
SICKLING TEST	NEGATIVE	
RENAL FUNCTION TEST		
UREA	4.15 mmol/L (25 mg/dl)	1.66 - 7.47 mmol/L 10 - 45 mg/dl
CREATININE	93.7 umol/L (1.06 mg/dl)	61.88-123.76 umol/L 0.7 - 1.4 mg/dl
URIC ACID	446.1 umol/L (7.5 mg/dl)	Male:202-416 umol/L , Male:3.4-7.0 mg/dl, Female:149-357 umol/L Female:2.5-6.0mg/dl

Medical Technologist
Out of Normal Range

Requisitioning Doctor:
Out of Critical Range

Collected Date And Time: 01/04/2024 7:03:00 PM
Reported Date And Time: 01/04/2024 20:10:00

Headquarters:
CR. No. 1618808, P/B No. 443, P.C. 112,
Ruwil, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765
Ruwil: 24799760 | Al Khuwair: 24488322 | Sohar: 26846660 | Al Khoud: 24546099 |
Salalah: 23291830 | Barka: 26884910 | Sur: 25546112 | Nizwa: 25467777 | Fala: 26754121 |
Suwailq: 26060613 | Duqm: 22826435 | Maballa: 22826381
Email: info@badroman.com



المقر الرئيسي
س.ت. ١٦١٨٨٠٨، ص.ب. ٤٤٣، ط.ج. ١١٢،
رويل سلطنة عمان، هاتف: ٢٤٧٩٩٧٦٠، فاكس: ٢٤٧٩٩٧٦٥
رويل: ٢٤٧٩٩٧٦٠ | الخوير: ٢٤٤٨٨٣٢٢ | صحر: ٢٦٨٤٦٦٠ | الخوض: ٢٤٥٤٦٩٩ |
صلالة: ٢٣٢٩١٨٣ | البركاء: ٢٥٥٤٦٨٢ | صور: ٢٥٤٦٧٧٧ | اللوى: ٢٥٤٦٧٧٧ | فلاج: ٢٦٧٥٤٦١ |
صويق: ٢٦٦٦٣٨٤ | دقم: ٢٢٨٢٦٣٥ | مابلة: ٢٢٨٢٦٣٨٤ |
البريد الإلكتروني: info@badroman.com



File No: 3231380
Name: MUHAMMAD NAEEM
Age: 41 Y Sex: M
Nationality: PAKISTANI
GSM No.: 92887274
Ref. By: DR. VENKATESH KUMAR

Doc No: 3742011
Date: 01/04/2024 Time: 20:10
Bill No: 4636197
Chs No:
ID No:

Test	Result	Normal Range	
BLOOD SUGAR [RANDOM]	5.27 mmol/L (95 mg/dl)	Upto 7.77 mmol/l	Up to 140 mg/dl
LIPID PROFILE			
CHOLESTEROL [TOTAL]	5.46 mmol/l (211 mg/dl)	Upto 5.17 mmol/l	Up to 200 mg/dl
CHOLESTEROL [HDL]	1.06 mmol/l (41 mg/dl)	>1.03 mmol/l	> 40 mg/dl
CHOLESTEROL [LDL]	3.7 mmol/l (143 mg/dl)	Upto 3.36 mmol/l	Up to 130 mg/dl
CHOLESTEROL [VLDL]	0.7 mmol/l (27 mg/dl)	Upto 1.29 mmol/l	Up to 50 mg/dl
TRIGLYCERIDES	1.52 mmol/l (135 mg/dl)	Up to 2.26 mmol/l	Up to 200 mg/dl
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	80 U/L	Male :40 - 129 U/L Female:35 -104 U/L Children:1y-9 y:145-420 U/L 10y-11y:30 -560 U/L	
SGOT (AST)	23 IU/L	Up to 40 IU / L	
SGPT (ALT)	36 IU/L	Up to 41 IU / L	
TOTAL BILIRUBIN	15.05 umol/L (0.88 mg/dl)	Up to 17 umol/l	Up to 1.0 mg/dl
DIRECT BILIRUBIN	4.1 umol/L (0.24 mg/dl)	Up to 5 umol/l	Up to 0.3 mg/dl
INDIRECT BILIRUBIN	10.94 umol/L (0.64 mg/dl)	Upto 12 umol/L	Up to 0.7 mg/dl
PROTEIN TOTAL	84 gm/L (8.4 gm/dl)	60 - 83 gm/L	6.0 - 8.3 gm/d l
ALBUMIN	48 gm/L (4.8 gm/dl)	32 - 50 gm/L	3.2 - 5.0 gm/dl
GLOBULIN	36 gm/L (3.6 gm/dl)	23 - 35 gm /L	2.3 - 3.5 gm/dl

Medical Technologist
Out of Normal Range

Requisitioning Doctor:
Out of Critical Range

Collected Date And Time: 01/04/2024 7:03:00 PM
Reported Date And Time: 01/04/2024 20:10:00

Headquarters:
CR, No. 1693898, P.B. No. 443, P.C. 113,
Ruw, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765
Ruw: 24799760 | Al Khwair: 24888322 | Sohar: 25846660 | Al Khoud: 24546099 |
Salalah: 23291830 | Barka: 26884910 | Sur: 25546112 | Niwa: 25447777 | Falaj: 26754131 |
Suwailq: 26060513 | Duqm: 22826435 | Mabellac: 22826381
Email: info@badroman.com



المقر الرئيسي
ب. ت. د. 1693898، ص. ب. 443، ط. ج. 113،
روي سلطنة عمان، هاتف: 24799760، فاكس: 24799765
روي: 24799760 | الخوير: 24888322 | صحر: 25846660 | الخوض: 24546099 |
صلالة: 23291830 | البركة: 26884910 | صور: 25546112 | نوى: 25447777 | فالج: 26754131 |
صويق: 26060513 | دقم: 22826435 | مبلع: 22826381
البريد الإلكتروني: info@badroman.com



File No: 3231380
Name: MUHAMMAD NAEEM
Age: 41 Y Sex: M
Nationality: PAKISTANI
GSM No.: 92887274
Ref. By: DR. VENKATESH KUMAR

Doc No: 3742013
Date: 01/04/2024 Time: 20:11
Bill No: 4636197
Chs No:
ID No:

Test	Result
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URINE ROUTINE EXAMINATION

PHYSICAL & CHEMICAL EXAMINATION

COLOUR	Pale Yellow
SP. GRAVITY	1.015
REACTION	Acidic(6.0)
PROTEIN	Nil
SUGAR	Nil
KETONE	Nil
UROBILINOGEN	Negative
BILIRUBIN	Nil
NITRATE	NEGATIVE

MICROSCOPIC EXAMINATION

R.B.Cs	Nil / HPF
PUS CELLS	1-2 / HPF
EPITHELIAL CELLS	1-2 / HPF
CASTS	Nil / HPF
CRYSTALS	Nil/HPF
PARASITES	Nil/HPF
OTHER FINDINGS	Nil/ HPF

Medical Technologist
Out of Normal Range

Requisitioning Doctor:
Out of Critical Range

Collected Date And Time: 01/04/2024 7:03:00 PM

Reported Date And Time: 01/04/2024 20:11:00

Headquarters:

CR No. 1691808, P.O. No. 443, P.C. 112,

Ruw, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765

Ruw: 24799760 | Al Khumsir: 24488322 | Sohar: 26846660 | Al Khoud: 24546099 |

Salalah: 23291830 | Barka: 26804910 | Sur: 25546112 | Nizwa: 25447777 | Falaj: 26754131 |

Sumeik: 26660613 | Duqm: 22826435 | Mobella: 22826381

Email: info@badroman.com



المقر الرئيسي:

س. ت. ر. ١٦٩١٨٠٨، ص. ب. ٤٤٣، ط. ج. ١١٢،

روي سلطنة عمان، هاتف: ٢٤٧٩٩٧٦٠، فاكس: ٢٤٧٩٩٧٦٥

روي: ٢٤٧٩٩٧٦٠ | الخومير: ٢٤٤٨٨٣٢٢ | صحرى: ٢٦٨٤٦٠ | الخوض: ٢٤٥٤٦٩٩ |

صلالة: ٢٣٢٩٨٣٠ | البركاء: ٢٦٨٤٦٠ | صوم: ٢٥٥٤٦١٢ | الروي: ٢٥٤٧٧٧٠ | ملح: ٢٦٧٥٤٣١ |

صومق: ٢٦٦٦٣٠ | دقم: ٢٢٨٢٦٤٣٥ | موبلا: ٢٢٨٢٦٣٨١ |

البريد الإلكتروني: info@badroman.com



First Name MUHAMMAD NAEEM
Last Name
Patient ID 3231380
Gender Male
Age 41

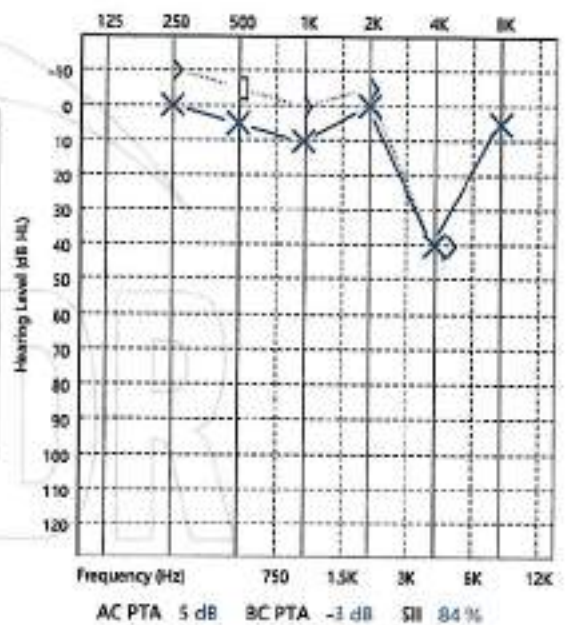
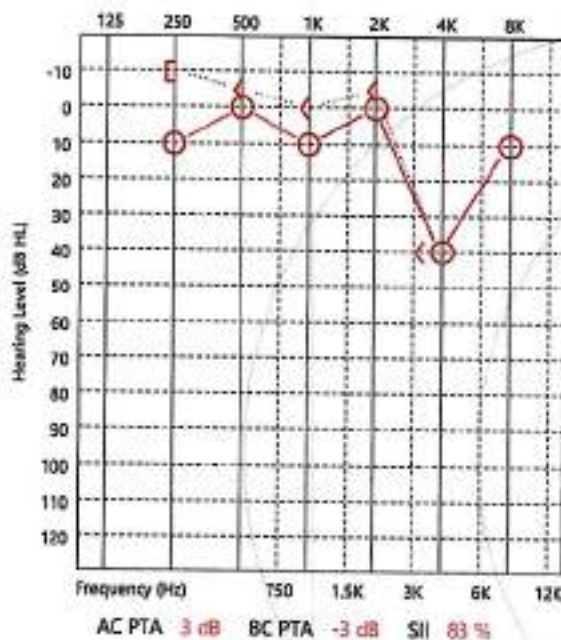
Report Date/Time
01/04/2024 7:37 PM

Audiogram Graph

DD45

Audiogram Graph

DD45



Provisional Diagnosis

BILATERAL HEARING SENSITIVITY ESSENTIALLY WITHIN NORMAL LIMITS WITH DIP AT 4KHZ.

Examiner SRUTHI JINOY

License Number 18261

Signed By:

SRUTHI JINOY
AUDIOLOGIST
MOH LIC# 18261

Signed On Date:

01/04/2024



ID :
 First Name:
 Last Name:
 Age : 0
 Height : 0 cm
 Weight : 0 kg
 Gender : Male
 Race : No
 Pacemaker : No

Physician : No
 Technician : No
 Room No. : 0
 Medication1 : No
 Medication2 : No
 Comments :

Vent. Rate : 79 bpm
 PR Interval : 148 ms
 QRS Duration : 102 ms
 QT/QTc : 370 / 424 ms
 PP/RR Interval : 736 / 752 ms
 P/R/T axis : 83 / -8 / 27



<Diagnosis Result>
 Normal Sinus Rhythm
 Abnormal Ventricular Conduction Pathways
 [Summary] Abnormal

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

Normal



