

Medical Fitness Certificate

Name of the Examined employee: MUHAMMAD ISHFAQ RAJA SAIF

Age: 38

ID NUMBER:

Job Title:

Date of Medical Examination: 10.10.2023

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. LABEED KIZHAKKECHERRY, M.D. ABDU
GENERAL PRACTITIONER
MOH Licence No.: 22090
APOLLO HOSPITAL MUSCAT

Hospital/Clinic Seal



CONFIDENTIAL MEDICAL **TO BE COMPLETED BY THE EMPLOYEE**

Med-check History Form		Name: <u>MUHAMMAD ISHAQ</u>	
		GIN #	
Place of examination <u>AHM</u>		Date <u>10/10/23</u>	
Age: <u>38</u>		Nationality: <u>PAKISTANI</u>	
Blood Group		Mobile #	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number of children:	
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. 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/arm/pt			
How much tobacco each day?		Average daily alcohol consumption	
Have you ever taken illicit drugs? ()			
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:			
Signature of Applicant: <u>M. Ishaq</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/16	Distant Vision Right eye:	N/16		
Height:	175 cm	Weight:	102 kg	BMI:	33.3
		BP:	140/90	Pulse:	58/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					

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: <u>Muhammed Ishfaq Raja</u>	Age: <u>38</u>	Sex: <u>M</u>	Company	GIN
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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>WNL</u>
Chest X-Ray	<u>WNL</u>

Blood Investigations:					
RBCs	<u>4.39</u>	4.20-5.30 x10 ⁶ /UL	SGOT	<u>16.30</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>7.57</u>	4.0-11.0x10 ³ /UL	SGPT	<u>17.00</u>	Male: Up to 41 Female: 10-35 U/L
NEUTRO	<u>52.90</u>	37-72%	GGT	<u>13.10</u>	0-50 U/L
EOSINO	<u>6.60</u>	0-6%	FBS:	<u>89.10</u>	60-110 mg/dl
BASO	<u>0.80</u>	0-1%	CHOLESTEROL:	<u>135.30</u>	Up to 200 mg/dl
LYMPHO	<u>29.70</u>	10-58%	HDL	<u>52.80</u>	20-60 mg/dl
MONO	<u>10.00</u>	0-16%	LDL	<u>68.5</u>	Up to 130 mg/dl
HEMATOCRIT	<u>38.50</u>	37-51%	TRIGLYCERIDES	<u>74.00</u>	35-175 mg/dl
HEMOGLOBIN	<u>12.40</u>	Male: 13.5-18.0 Female: 11.5-16.0 g/dl	CREATININE	<u>0.84</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>Stable - Neg</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>NL</u>	Blood:	<u>NL</u>

Comments	
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Examining Physician:

[Signature]
 DR. LABEER MOHAMMED VENTIL ASAD
 GENERAL PRACTITIONER
 MOH Licence No.: 22090
 APOLLO HOSPITAL MUSCAT

Hospital/Clinic Seal



DEPARTMENT OF LABORATORY SERVICES

File No: 0398163	Report No: 0578342
Name: MUHAMMAD ISHFAQ RAJA SAIF	Sample Date: 10/10/2023 Time: 9:06
Address:	Received Date: 10/10/2023 Time: 9:06
Gender: M Age: 38 Y Nationality: PAKISTANI	Report Date: 10/10/2023 Time: 11:33
GSM No.: 98194725 ID Card No.: 78557144	Bill No: 1183836 Bill Date: 10/10/2023
Doctor: DR. AFROZA SULTANA	Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
TRUCK OMAN PRE-EMPLOYMENT CHECK UP		
Fasting Blood Glucose	89.10 mg/dL	Normal: <100 mg/dl Prediabetes: 100-125 mg/dl Diabetes: 126 mg/dl or higher
ESR	04 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.84 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cell Screen test	Negative	
CBC		
WBC COUNT	7.57 $10^3/\mu\text{L}$	4.0-11.0 $\times 10^3/\text{mm}^3$
RBC	4.39 $10^6/\mu\text{L}$	4.20 - 6.30 $10^6/\mu\text{L}$
HGB	12.40 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	38.50 %	37.0 - 51.0 %
MCV	87.70 fL	80.0 - 97.0 fL
MCH	28.20 pg	26.0 - 32.0 pg
MCHC	32.20 g/dL	31.0 - 36.0 g/dL
RDW	14.00 %	11.0 - 14.5 %
NEUT#	4.00 $10^3/\mu\text{L}$	1.50 - 7.00 $10^3/\mu\text{L}$
LYMPH#	2.25 $10^3/\mu\text{L}$	0.60 - 4.10 $10^3/\mu\text{L}$
MONO#	0.76 $10^3/\mu\text{L}$	0.00 - 0.70 $10^3/\mu\text{L}$
EOS#	0.50 $10^3/\mu\text{L}$	0.00 - 0.40 $10^3/\mu\text{L}$
BASO#	0.06 $10^3/\mu\text{L}$	0.00 - 0.10 $10^3/\mu\text{L}$
NEUT%	52.90 %	37.0 - 72.0 %

Reported By:

Dhanya

DHANYA

Lab Technologist

MOH License No: 7129

Printed at: 10/10/2023 11:48:13 AM

Verified By:

Dr. Mohammed Atif Syed

Dr. Mohammed Atif Syed
Specialist Pathologist

MOH License No: 20491

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Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
LYMPH%	29.70 %	10.0 - 58.5 %
MONO%	10.00 %	0.0 - 14.0 %
EOS%	6.60 %	0.0 - 6.0 %
BASO%	0.80 %	0.0 - 1.0 %
PLATELET	219.00 $10^3/\mu\text{L}$	140 - 440 $10^3/\mu\text{L}$
LFT		
Total Bilirubin	0.39 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.08 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.31 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	16.30 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	17.00 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	119.70 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	6.90 g/dL	6.6 - 8.7 g/dL
Albumin	3.80 g/dL	3.4 - 4.8 g/dL
Globulin	3.1 g/dL	1.8 - 3.6 g/dL
GGT	13.10 U/L	0 - 50 U/L
A:G Ratio	1.225806	1.1-1.8
LIPID PROFILE		
Total Cholesterol	135.30 mg/dL	< 200 mg/dL
Triglyceride	74.00 mg/dL	<150 mg/dl
HDL Cholesterol	52.80 mg/dl	>45 mg/dl

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Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
LDL Cholesterol	68.5 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	2.56	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	Pale yellow
Sp. Gravity	1.030	1.003-1.035
pH	5	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

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Doctor: DR. AFROZA SULTANA	Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
Microscopic Examination		
Pus Cells	3 - 4 Cells/hpf	0-5 cells/hpf
RBC	NIL cells/hpf	0-2 cells/hpf
Epithelial Cells	0 - 1 Cells/hpf	0-8 cells/hpf
Casts	Absent	Absent
Crystals	Absent	Absent
Others	Absent	Absent
STOOL ROUTINE ANALYSIS		
PHYSICAL		
Colour	Brownish	Yellowish Brown
Consistency	Semi solid	Well Formed
Reaction	Alkaline	Acidic
Adult Worms	Absent	Absent
MICROSCOPIC		
Ova:	Absent	Absent
Cyst:	Absent	Absent
Pus Cells:	0-1 Cells/hpf	Few
RBCs	Absent Cells/hpf	Absent
Epithelial cells	Few Cells/hpf	Few
Trophozoites	Absent	Absent
Larvae	Absent	Absent
Eggs	Absent	Absent
Worms	Absent	Absent
Fat globules	Absent	Absent

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Page: 4 of 5

من.ب: ١٧٩٢٥٤٧، ص.ب: ١٠٩٧، الجعيرة، الرمز البريدي: ١٣١، سلطنة عمان، هاتف: ٢٤٧٨٧٧٦٦ (+٩٦٨)، فاكس: ٢٤٧٠٠٠٩٣ (+٩٦٨)، البريد الإلكتروني: info@apolloomuscat.com

C.R. No.: 1792547, P.O. Box: 1097, Al Hamriya, P.C.: 131, Sultanate of Oman, Tel. (+968) 24787766 (5 Lines), Fax: (+968) 24700093, E-mail: info@apolloomuscat.com

Tax Card No.: 8251325 | VATIN: OM1200160355

ضريبة القيمة المضافة: 8251325 | رقم لطفة ضريبة: OM1200160355

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Doctor: DR. AFROZA SULTANA

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Report Date: 10/10/2023 Time: 11:33

Bill No: 1183836 **Bill Date:** 10/10/2023

Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
Vegetable cells	Present	Present

Remarks and comments - Sick cell screen test

1. A False negative solubility test result may occur with blood taken from severe anemic patients or if the proportion of Hb-S is less than 20 % or following blood transfusion.
2. A False positive result may be caused by the presence of abnormal plasma proteins or when patient is receiving parenteral nutrition.
3. This test provides only a preliminary screening result, Hb HPLC must be used to obtain a confirmed results.
4. There is a possibility that an interfering substance in the specimen may cause erroneous results.

Reported By:

Dhanyas

DHANYA

Lab Technologist

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Verified By:

[Signature]

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Specialist Pathologist

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Page: 5 of 8

RADIOLOGY

SI No: 19219	Date: 10/10/2023
Patient Name: MUHAMMAD ISHFAQ RAJA SAIF	Reg No: 398163
Age: 38 Y	Gender: Male
Nationality: PAKISTANI	Phone:
Address: 78557144	
Company: TRUCK OMAN LLC	Policy No:
Certificate No:	Consultant Name: DR. AFROZA SULTANA
Region: CHEST PA	

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 hilum appears 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.

Please note: This is a imaging study and has its own limitations. This is a opinion based on images interpretation and it is not a diagnose on itself. Impression should be considered as professional opinion & correlated with clinical evidence, reconfirmed by further investigations 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. MOHAMMED AFROZA ELENJICKAL NASSER
MBBS (DPM) (Radio diagnosis)
RADIOLOGIST

ID:

Unknown --- (---) Unknown

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

Med.:

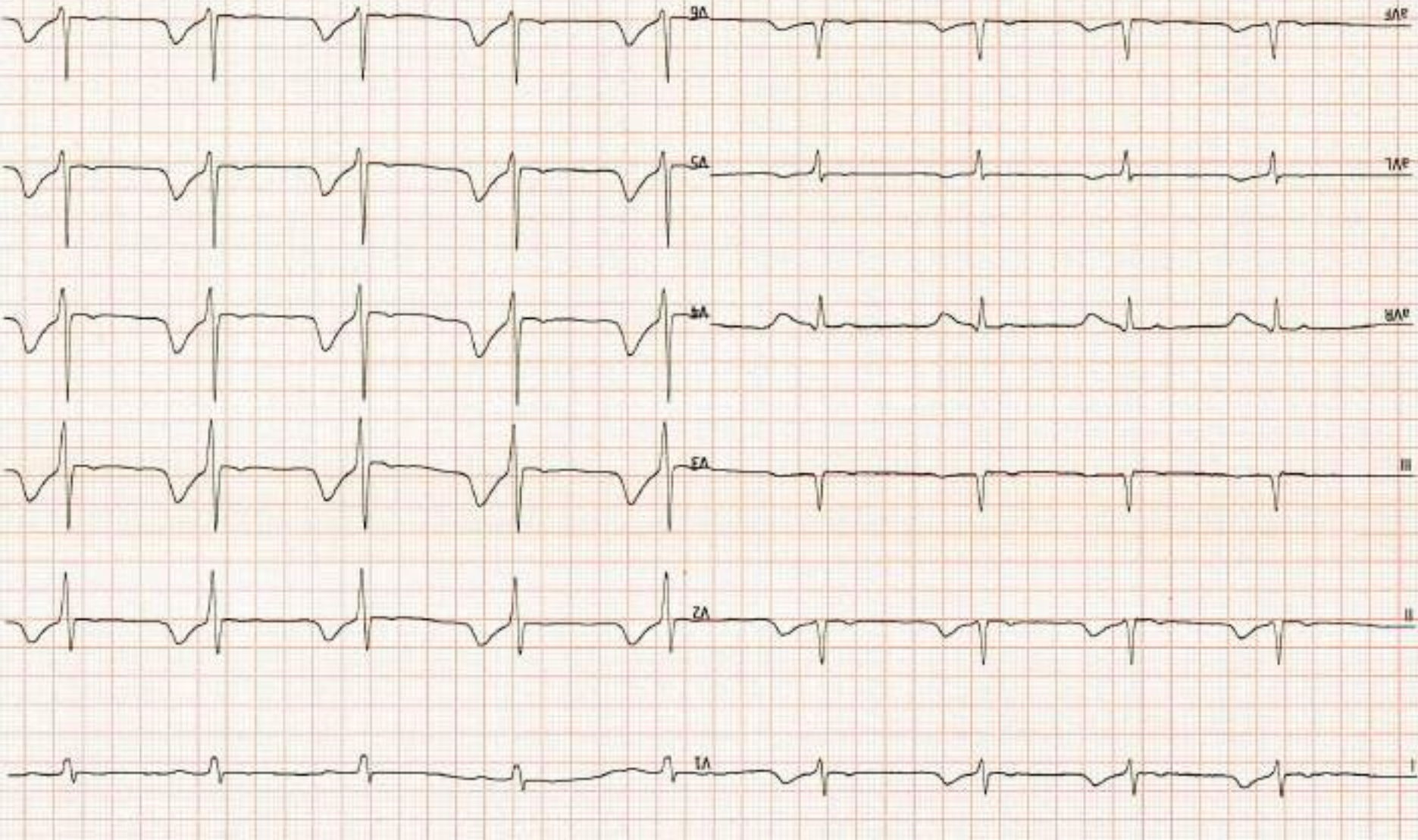
Tech:

Note:

10/10/2023 10:30:42

HR: 55 bpm
PR: 214 ms
QRS: 104 ms
QT/QTc: 422/413 ms
QTcB: 404 ms
QTcF: 410 ms
R-R-50: 1.74/0.33 mV
Sokolow: 2.07 mV
Axis: 47/76/44°

MAHARAJA SATHYAN
38/02. 29/01/23



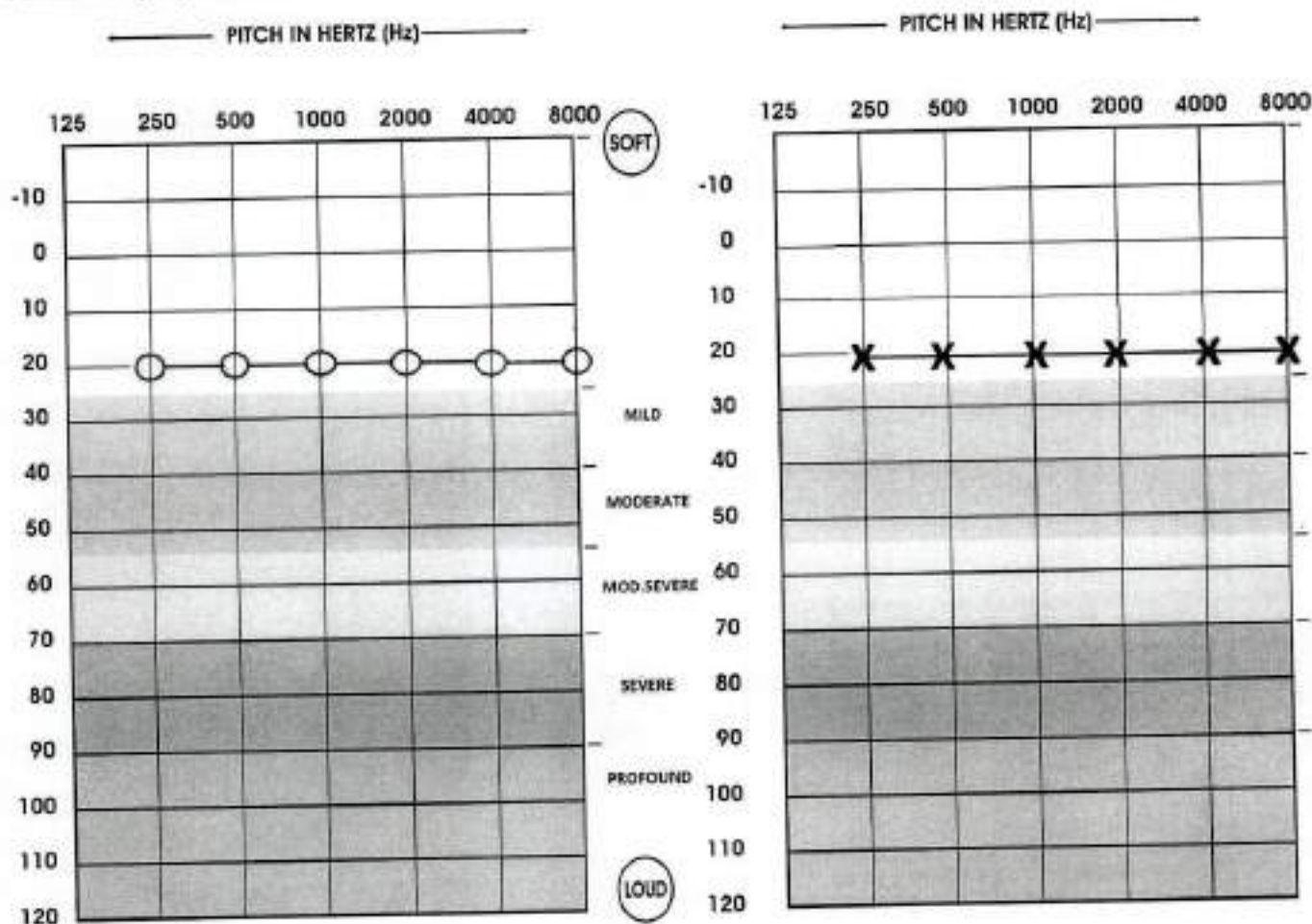
AUDIOGRAM EXAMINATION SHEET

FILE NO: 398163 BILL NO: DATE: 10-10-23

NAME: MUHAMMAD SHEAR RATA SAIF AGE / SEX: 38y / m

COMPANY: TRUCK OMAN LLC DOB:

CONSULTANT (REF):



WESER					

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

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :

NAFLA K.V.
AUDIOLOGIST
MOH Licence No.: 22832
Apollo Hospital Muscat

SIGNATURE