

Medical Fitness Certificate

Name of the Examined : Mr. MUHAMMAD ISHFAQ RAJA SAIF
Age : 40 yrs/M
ID Number : 78557144
Date of medical Examination: 08/10/2025
Examining physician : Dr. ISLAM ATEYA

Hospital : AL NILE HOSPITAL
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

Fit

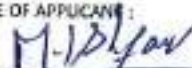
Examining physician stamp and signature


Dr. ISLAM ATEYA
General Practitioner

Hospital stamp



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	MUHAMMAD ISHFAQ RAJA SAIF		
		GIN:			
Place of examination	Date	Mobile: 98194725			
AL NILE HOSPITAL	08-10-25				
Age: 40	Nationality: PAKISTAN	Blood Group	A negative		
☒ Male ☐ Female	☐ Married ☐ Single ☐ Separated / Divorced	Number Of Children:			
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	✓	
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?		AVERAGE DAILY ALCOHOL CONSUMPTION			
HAVE YOU EVER TAKEN ILICITED 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: 					



Schüumberger

Patient Name: MUHAMMAD SHFAQ
RAJA SAIF
File No: 25016439
Age: 40y 8m 26d
Gender: Male
Nationality: Pakistan

VISUAL FIELDS:	N	COLOR VISION:	N
SPEECH:	N	SHISPER TEST:	N
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: 176 cm	WEIGHT: 104 kg	BMI: 33.57	BP: 124/83 PULSE: 77.

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	✓		

15 June 2017
 15 June 2017
 15 June 2017



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME:	AGE	SEX	COMPANY	GIN
MUHAMMAD ISHFAQ RAJA SAIF	40	M	TRUCK COMPANY	

PAST MEDICAL HISTORY	BLOOD GROUP
	A - ve
ALLERGIES:	
VACCINATION	DATE OF INITIAL INJECTION
HEPATITIS A	BOOSTER DUE DATE
HEPATITIS B	
TYPHOID FEVER	
INFLUENZA	

TESTS RESULTS
AUDIOGRAM:
DSU 5 PANEL
Normal

ECG	Normal
CHEST X-RAY	Normal

BLOOD INVESTIGATIONS					
RBCS	4.98	4.20-6.30*10 ⁶ /UL	SGOT	21.4	MALE:10-50 FEMALE:10-35U/L
WBCS	9.800	4.0-11.0*10 ³ /UL	SGPT	28.6	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	66.3	37-72%	GGT	17	0-50/U/L
EOSINO	2.8	0-6%	FBS:	95.94	60-110 MG/DL
BAZO	0.4	0-1%	CHOLESTEROL	153.1	UP TO 200 MG/DL
LYMPHO	22.6	10-58%	HDL	57.61	20-60 MG/DL
MONO	7.8	0-14%	LDL	81	UP TO 130 MG/DL
HEMATOCRIT	41.2	37-51%	TRIGLYCERIDES	71.7	35-175 MG/DL
HEMOGLOBIN	13.5	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	1.26	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	22	MALE: 0-10 MM/HR FEMALE: 0-20 MM/HR	URIC ACID	3.0	MALE:3.6-7.7 MG/DL FEMALE:2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	NIL	SUGAR	NIL
ALBUMIN	NIL	OTHERS	-
STOOL ANALYSIS			
PARASITES	NIL	BLOOD	NIL

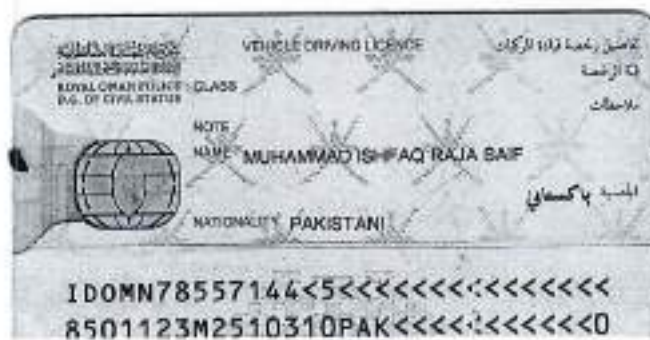
COMMENTS

EXAMINING PHYSICIAN

Signature of Dr. Ishfaq Raja Saif
 General Practitioner
 License No: 123456789
 Date: 10/10/2023



Patient Name: MUHAMMAD ISHFAQ
RAJA SAJJ
File No: 25016439
Age: 40y 8m 26d
Gender : Male
Nationality: Pakistan



2025-10-08 08:53:18

Name : MUHAMMAD SHFAQ

Sex : Male Age : 40

Section : DR ISLAM

RoomID :

BedID :

Operator : subitha

Data for reference only:

HR	bpm	: 70
PR Interval	ms	: 167
P Duration	ms	: 87
QRS Duration	ms	: 92
T Duration	ms	: 227
QT/QTc	ms	: 369/394
P/QRS/T Axis	deg	: 72.1/85.5/52.3
R(V5)/S(V1)	mV	: 0.97/0.56
R(V5)+S(V1)	mV	: 1.53

<< Conclusions >>

Normal Sinus Rhythm;
Cardiac electric axis normal.

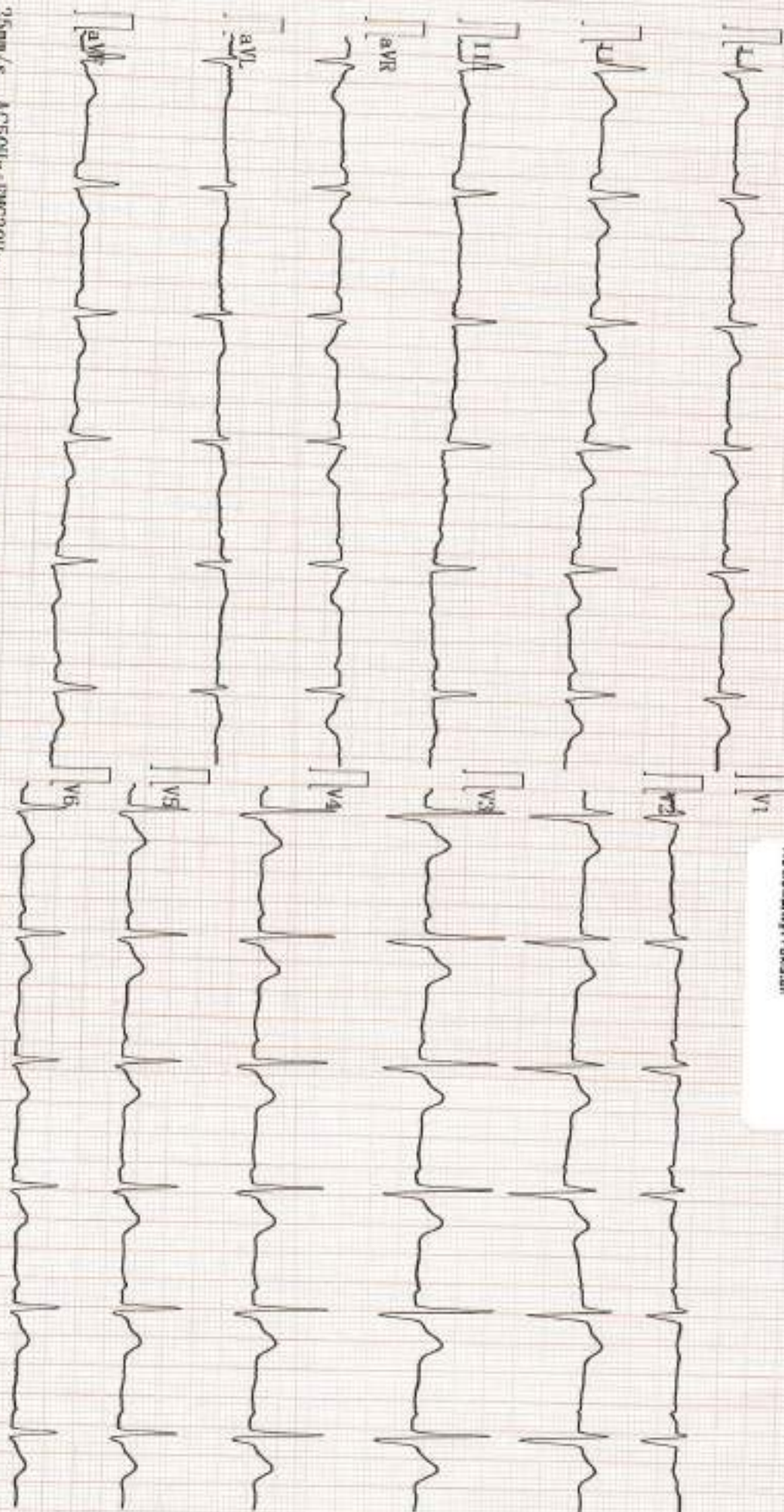
Report need physician confirm

AUTO 10mm/mV

Patient Name: MUHAMMAD SHFAQ
 Raja Sali
 File No: 23016439
 Age: 40y 8m 26d
 Gender: Male
 Nationality: Pakistan

Physician:

Khan Sidi





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: MUHAMMAD ISHFAQ
RAJA SAIF
File No: 25016439
Age: 40y 8m 26d
Gender: Male
Nationality: Pakistan

Patient Id : 25016439

Name : MUHAMMAD ISHFAQRAJA

GENDER / AGE : - MALE . 40 YS

Consultant : Dr. ISLAM SAKR

Report Date : 08 /10/2025

ECG REPORT

- NORMAL SINUS RHYTHM
- NO ISCHEMIC CHANGES
- NO ARRYTHMIAS

Diagnosis:

- ECG- NORMAL

Dr. ISLAM SAKR





Al Nile Hospital
مستشفى النيل

Patient Name: MUHAMMAD ISHFAQ
RAJA SAIF
File No: 25016439
Age: 40y 8m 26d
Gender: Male
Nationality: Pakistan

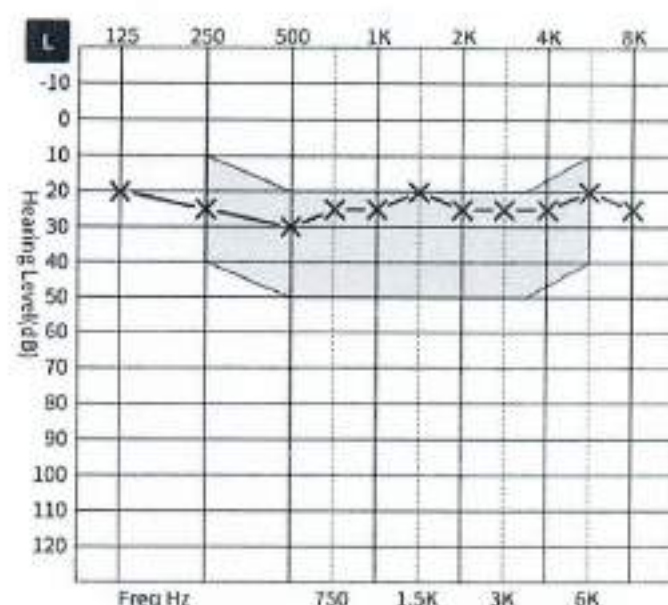
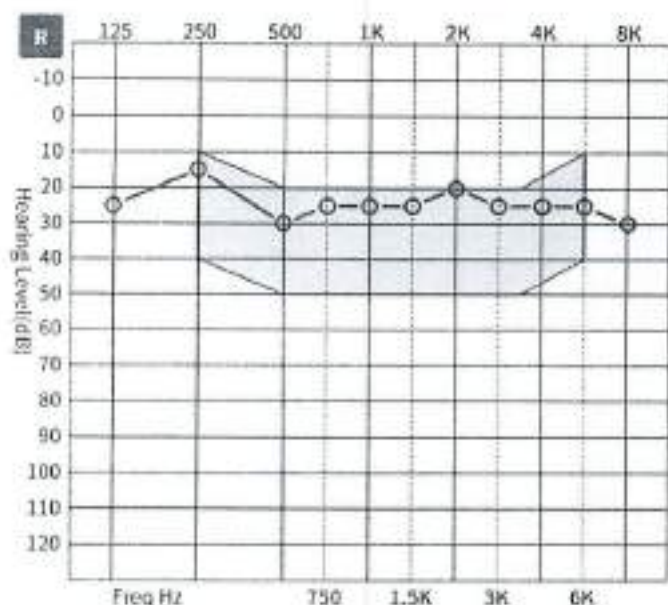
PTA Test Report

ID:25016439

Gender:Male

Name:MUHAMMAD ISHFAQ RAJA SAIF

Age:40Y



Test Result: BILATERAL HEARING SENSITIVITY IS WITHIN NORMAL LIMITS.



Test Date: 2025-10-07 21:28

Printing Date: 2025-10-07 21:28

Examiner: _____



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Medical Complex
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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

Lab Report

Patient Name:	MUHAMMAD ISHFAQ RAJA SAIF	Date:	08/10/2025 08:00:08
File No:	25016439	Age/Gender:	40y 8m 26d / M
Payer Name:		Sid No:	B1842759
Insurance Card No:	--	Collection Date & Time:	08/10/2025 07:51:45
Doctor:	Dr. Islam Ateya Mohammed Sakr	Received Date & Time:	08/10/2025 08:00:08
Billing Time:	08/10/2025 07:48:07	Reported Date & Time:	08/10/2025 08:30:49
	Mobile: 98194725	Id Card No:	78557144

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	5.33 mmol/m	3.3 - 6.1
CREATININE	1.26 mg/dl	0.7 - 1.4
URIC ACID	3.0 mg/dl	3.4 - 7.0
SGOT	21.4 U/L	< 40.0
SGPT	28.6 U/L	< 41.0
Gamma-Glutamyltransferase (GGT)	17.0 U/L	5.0 - 63.0
CHOLESTEROL	153.1 mg/dl	< 200.0
HDL CHOLESTEROL	57.61 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	61.0 mg/dl	< 150.0
TRIGLYCERIDE	71.7 mg/dl	40.0 - 160.0
BLOOD GROUP	A	-
RH Typing	Negative	-
ESR(AUTOMATED)	22.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	13.5 mg/dl	13.0 - 18.0
Total leucocyte count	9,800.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	65.3 %	40.0 - 75.0
Lymphocytes	22.6 %	15.0 - 45.0
Eosinophils	2.8 %	1.0 - 6.0
Monocyte	7.8 %	2.0 - 8.0
Basophils	0.4 %	< 10.0
Packed cell volum	41.2 %	< 54.0
RBC count	4.88 millions/mm	4.5 - 5.5
MCV	84.4 fl	81.8 - 95.5
MCH	27.7 pg	27.0 - 32.3
MCHC	32.8 g/dl	32.4 - 35.0
Platelet count	220,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	13.4 %	11.0 - 16.0
RDW-SD	41.3 fl	35.0 - 56.0
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-



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Test Name	Result	Biological Reference
Specific Gravity	1.02	-
PH	Acidic	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	4-6	-
Erythrocytes	1-2	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
Physical		
Color	Brownish	-
Consistency	Semi loose	-
Occult Blood		-
Microscopic		
Pus Cells	15-20	-
RBC Cells	1-3	-
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	-

2025-10-08 08:34:30

****End of Report****

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245





Patient Name: MUHAMMAD ISHFAQ
Prof. Dr. Dear Colleague
Date: 8 OCT 2025
Examination: CHEST X-RAY (PA VIEW)

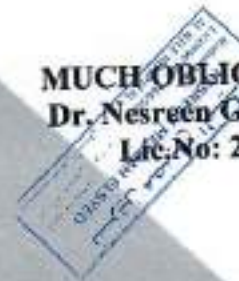
REPORT

- Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.
- Normal appearance of both broncho-vascular shadow.
- Normal appearance of aortic shadow.
- Maintained cardio-thoracic ratio.
- No obvious hilar or mediastinal mass lesion.
- 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



Results

Copy Results

Estimated 10-year Global CVD Risk

3.3%

Risk Category

Low Risk

Estimated Vascular Age

36 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)

Islam Saif
Raja Saif
18/04/2017
Sultanate Of Oman
Al Nile Hospital

