

Medical Fitness Certificate

Name : Mr. RAVINDER PAL SINGH
Age : 40YRS/M
ID Number : 25020584
Date of medical Examination: 13/12/2025
Examining physician : DR. ALI GHASSAH

Assessment Result

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

Examining physician stamp and signature



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	RAVINDER PAL SINGH RESHAM SINGH		
		GIN:			
Place of examination	Date	Mobile:	92156686		
	13/12/2025				
Age: 40 Year	Nationality: INDIAN	Blood Group	A POSITIVE		
☐ Male ☒ Female	☐ Married ☒ Single ☐ Separated / Divorced	Number Of Children: 2			
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- 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 / ARMPIT		☒			
HOW MUCH TOBACCO EACH DAY?		NIL	AVERAGE DAILY ALCOHOL CONSUMPTION		NIL
HAVE YOU EVER TAKEN ELICITED DRUGS ?		NIL			
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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.					
DATE: 13/12/2025					
SIGNATURE OF APPLICANT:					



VISUAL FIELDS:	Normal	COLOR VISION:	Normal
SPEECH:	Normal	SHISPER TEST:	Normal
NEAR VISION RIGHT EYE:	Normal	NEAR VISION LEFT EYE:	Normal
DISTANT VISION LEFT EYE:	Normal	DISTANT VISION RIHT EYE:	Normal
HEIGHT: 175 cm	WEIGHT: 98 kg	BMI: 32	BP: 130/80 mmHg PULSE: 84/mf

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	✓		



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>RAVINDER PAL SINGH</u>	AGE: <u>40 y</u>	SEX: <u>M</u>	COMPANY: <u>TRUCK OMAN</u>	GIN:
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PAST MEDICAL HISTORY		BLOOD GROUP A POSITIVE	
ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

AUDIOGRAM:	TESTS RESULTS
DSU 5 PANEL	<u>N</u>

ECG	<u>N</u>
CHEST X-RAY	<u>N</u>

BLOOD INVESTIGATIONS					
RBCS	<u>N</u>	4.20-6.30*10 ⁶ /UL	SGOT	<u>N</u>	MALE:10-50 FEMALE:10-35U/L
WBCS	<u>N</u>	4.0-11.0*10 ³ /UL	SGPT	<u>N</u>	MALE:UP TO 43 FEMALE:10-35U/L
NEUTRO	<u>N</u>	37-72%	GGT	<u>N</u>	0-50U/L
EOSINO	<u>N</u>	0-6%	FBS:	<u>N</u>	60-110 MG/DL
BASO	<u>N</u>	0-1%	CHOLESTEROL	<u>241</u>	UP TO 200 MG/DL
LYMPHO	<u>N</u>	10-58%	HDL	<u>40</u>	20-60 MG/DL
MONO	<u>N</u>	0-14%	LDL	<u>176</u>	UP TO 130 MG/DL
HEMATOCRIT	<u>N</u>	37-51%	TRIGLYCERIDES	<u>N</u>	35-175 MG/DL
HEMOGLOBIN	<u>N</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	<u>N</u>	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	<u>N</u>	MALE:0-20 MM/HR FEMALE:0-20 MM/HR	URIC ACID	<u>N</u>	MALE:3.6-7.7 MG/DL FEMALE:2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	<u>N</u>	SUGAR	<u>N</u>
ALBUMIN	<u>N</u>	OTHERS	<u>N</u>
STOOL ANALYSIS			
PARASITES	<u>N</u>	BLOOD	<u>N</u>

COMMENTS	<u>Mild hypercholesterolemia in</u>
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EXAMINING PHYSICIAN



needs lifestyle modifications
and weight reduction

Nationality: Pakistan





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: RAVINDER PAL SINGH
File No: 25020584
Age: 40y 11m 12d
Gender: Male
Nationality: Pakistan

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:	RAVINDER PAL SINGH	Date:	13/12/2025 09:49:12
File No:	25020584	Sid No:	Bill#56748
Payer Name:		Collection Date & Time:	13/12/2025 09:49:10
Insurance Card No:	-	Received Date & Time:	13/12/2025 09:49:12
Doctor:	Dr. Ali Mohammad Ghassah	Reported Date & Time:	13/12/2025 10:04:08
Billing Time:	13/12/2025 09:11:20	Id Card No:	126017519
	Mobile: 92156686		

Test Name	Result	Biological Reference
BLOOD GROUP	A	-
RH Typing	POSITIVE	-
ESR(AUTOMATED)	7.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	15.0 mg/dl	13.0-18.0
Total leucocyte count	8,670.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	58.9 %	40.0-75.0
Lymphocytes	33.9 %	15.0-45.0
Eosinophils	1.6 %	1.0-6.0
Monocyte	4.8 %	2.0-8.0
Basophils	0.7 %	< 10.0
Packed cell volum	48.6 %	< 54.0
RBC count	6.26 millions/mm	4.5-5.5
MCV	77.6 fl	81.8-95.5
MCH	24.0 pg	27.0-32.3
MCHC	30.9 g/dl	32.4-35.0
Platelet count	248,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	13.1 %	11.0-16.0
RDW-SD	36.9 fl	35.0-56.0
BLOOD SUGAR FASTING	5.4 mmol/m	3.3-6.1
CHOLESTEROL	241.8 mg/dl	< 200.0
HDL CHOLESTEROL	40.1 mg/dl	40.0-60.0
LDL CHOLESTEROL	172.1 mg/dl	< 150.0
TRIGLYCERIDE	148.0 mg/dl	40.0-160.0
SGPT	45.0 U/L	< 41.0
SGOT	33.7 U/L	< 40.0
URIC ACID	6.07 mg/dl	3.4-7.0
CREATININE	1.11 mg/dl	0.7-1.4
Gamma-Glutamyltransferase (GGT)	38.0 U/L	5.0-63.0
URINE ANALYSIS		
Color	Pale Yellow	
Transparency	Clear	





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PH : 25426665, 25426228 \ WHATSAPP:94146648
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Test Name	Result	Biological Reference
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-2	-
Erythrocytes	0-2	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
Physical		
Color	Brownish	-
Consistency	Semi Formed	-
Occult Blood		-
Microscopic		
Pus Cells	0-2	-
RBC Cells	0-2	-
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	-

2025-12-13 10:29:25

End of Report





Patient Name: RAVINDER PAL SINGH
Prof. Dr. Dear Colleague
Date: 11 December 2025
Examination: CHEST X-RAY (PA VIEW)

REPORT

- Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.
- Maintained cardio-thoracic ratio.
- Normal appearance of Aortic & both bronchovascular shadows.
- 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 study.

MUCH OBLIGED,
Dr. Nesreen Ghazy
Lic.No: 26650





Al Nile Hospital
مستشفى النيل

Patient Name: RAVINDER PAL SINGH
File No: 25020584
Age: 40y 11m 12d
Gender: Male
Nationality: Pakistan

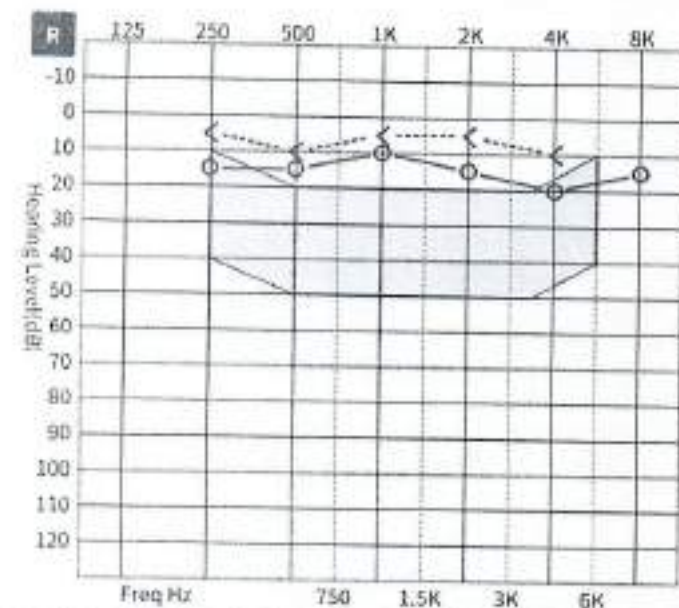
PTA Test Report

ID:25020584

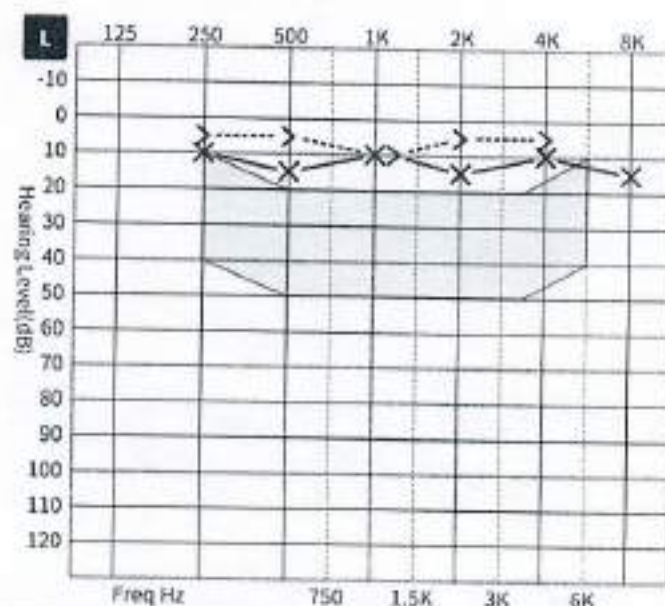
Name: RAVINDER PAL SINGH

Gender: Male

Age: 40Y



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		15	15		10		15		20		15
Bone		5	10		5		5		10		



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		10	15		10		15		10		15
Bone		5	5		10		5		5		

Test Result: NORMAL HEARING SENSITIVITY WITHIN NORMAL LIMITS IN BOTH EARS.



Test Date: 2025-12-12 22:28

Printing Date: 2025-12-12 22:28

Examiner: _____

Framingham Risk Score

Results

 Copy Results

Estimated 10-year Global CVD Risk

9.4%

Risk Category

Low Risk

Estimated Vascular Age

54 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)



2025-12-13 10:11:30

Name : RAVINDER PAL SINGH

Sex : Male Age : 40

Section: DR. ALI

RoomID: _____

BedID: _____

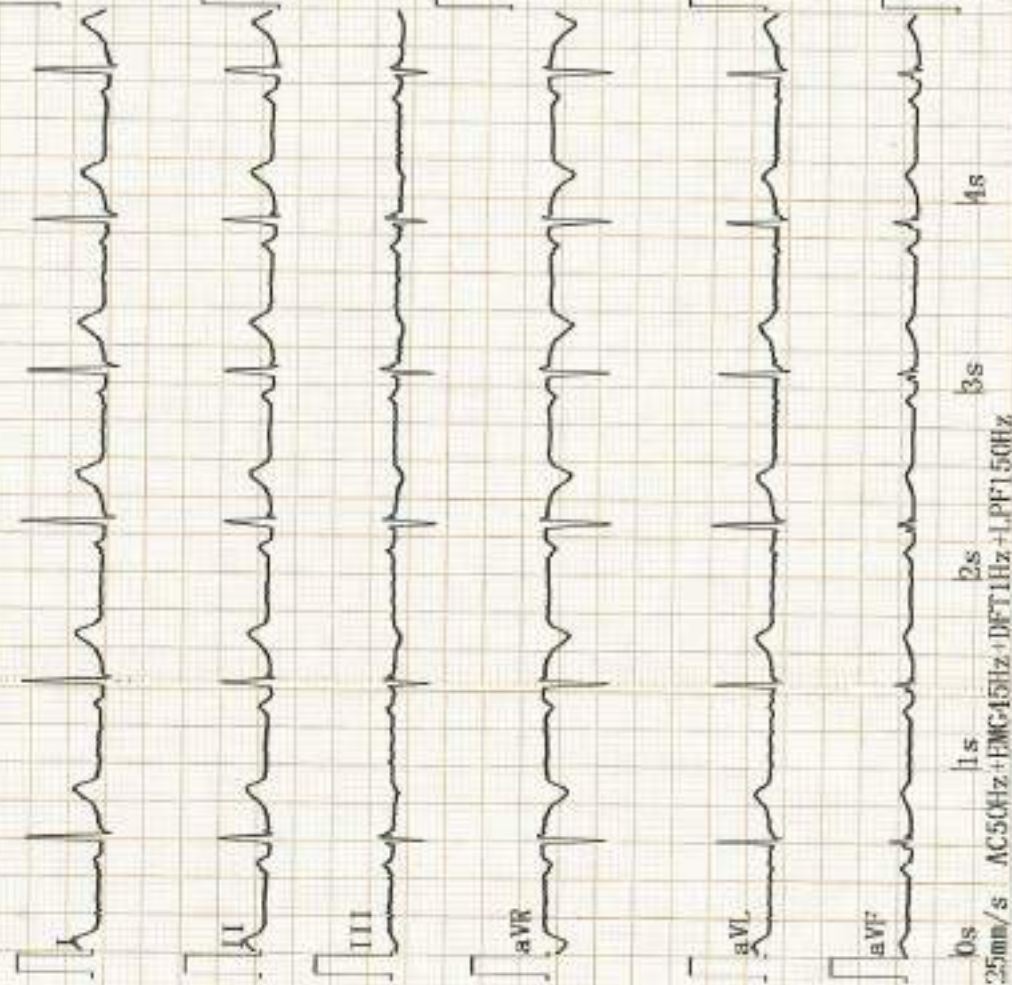
ID: _____

Operator: ANU MATHIEW

Data for reference only:

HR : 75
 PR Interval : 157
 P Duration : 102
 QRS Duration : 73
 T Duration : 183
 QT/QTc : 356/397
 P/QRS/T Axis : 57.6/22.2/23.6
 R (V5) / S (V1) : 1.34/0.78
 R (V5) + S (V1) : 2.12

AUTO 10mm/mV



Physician:

<< Conclusions >>

Normal Sinus Rhythm;
 Longitudinal Left axis deviation.

Report need physio confirmed

