Initial Medical Examination Report

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Surname	Singh Dalwinder
Forenames	Daljit
Address: Home telephone number	Ibri

Place of examination: Aster Hospital, Ibri	Date: 19-04-2021		
If a dependant enter employee's name here:		Project:	
Birth date: 12-02-1976	Nationality: Indian	Country of birth:	Religion:
☑ Male ☐ Female	☐ Married ☐ Single ☐ Separated / Divorced	Relationship to employee ☐ Wife ☐ Son ☐ Daughter	Number of children:
Reason for examination	Pre-Employment ☐ Job: Pre-Overseas ☐ Area:		
Name and address of family doctor		List your last 3 jobs (1)	
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		✓			
4. Any ear discharge		✓	24. Abnormal heartbeat		✓	41. Awarded benefits for industrial injury/illness		✓
5. Asthma/bronchitis		✓	25. High blood pressure		✓			
6. Hayfever /other significant allergy		✓	26. Stroke		✓	42. Treated for a mental condition, e.g. depression		✓
7. Any skin trouble		✓	27. Serious chest pain		✓			
8. Tuberculosis		✓	28. Any blood disease		✓	43. Treated for problem drinking or drug abuse		✓
9. Shortness of breath		✓	29. Kidney disease		✓			
10. Coughed/vomited blood		✓	30. Blood in urine		✓	44. Exposed to toxic substance or noise		✓
11. Severe abdominal pain		✓	31. Diabetes		✓			
12. Stomach ulcer		✓	32. Headaches/migraine		✓	FOR WOMEN ONLY		
13. Recurrent indigestion		✓	33. Dizziness/fainting		✓	Have you ever had:-		
14. Jaundice or hepatitis		✓	34. Epilepsy		✓	45. An abnormal smear		
15. Gall Bladder disease		✓	35. Joints/spinal trouble		✓	46. Any gynaecological treatment		
16. Marked change in bowel habits		✓	36. Surgical operation		✓			
17. Blood in stools (motions)		✓	37. Serious accident/fracture		✓	47. Are you pregnant?		
18. Marked change in weight		✓	38. Tropical disease		✓	48. **Have you had an illness not mentioned above**		
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 elicited drugs? ( ) PDO test all new/potential employees for elicited/recreational 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 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: 19-04-2021 Signature of Applicant: Dalj Singh

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE
Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)			PHYSICAL EXAMINATION
N	A		
		1. Eyes & Pupils	
		2. E.N.T.	
		3. Teeth & Mouth	
		4. Lungs & Chest	WNL
		5. Cardiovascular System	
		6. Abdo. Viscera	
		7. Hernial Orifices	
		8. Anus & Rectum	
		9. Genito-urinary	
		10. Extremities	
		11. Musculo-skeletal	
		12. Skin & Varicose Vns.	
		13. C.N.S.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE /mins.	HEARING	VISION				Colour Vision	Blood Group
							DISTANT		NEAR		
178	113		120/80	88	L ✓ R ✓		R	L	R	L	
						Uncorrected					
						Corrected					

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
		1. Urinalysis				7. Audiogram
		2. Hb, Bloodcount, ESR				8. Lung Function
		3. LFT, RFT, RBS				9. Chest X-Ray
		4. Drug Screen				10. ECG
		5. Lipids (40 years +)				11. CVS risk for 40 yrs. & above
		6. Sickle Cell test				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

ASSESSMENT:

☑ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT

Date: Name (Block Capitals): Dr. Signature:

REVIEW/CONSULTATION

Date: 19-04-2021 Name (Block Capitals): Dr. Signature:

Framingham Risk Assessment form

Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name: Daljit Singh
Emp #:
Date of Assessment: 19-04-2021

1	Age	Years 45	
2	Gender	Female/Male ✓	
3	Total Cholesterol	mmol/L 3.57	
4	HDL Cholesterol	mmol/L 1.04	
5	Smoker	Yes/No ✓	
6	Diabetes	Yes/No ✓	
7	Systolic Blood pressure	mm Hg 130	
8	Is the patient being treated for High blood pressure?	Yes/No ✓	

Framingham Risk score: 6.7 %

Framingham Risk Rating (Circle the appropriate score):

Low **Medium** **High**

Any further action or recommendations?

Assessment or Examination conducted by:

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ابري - ٤ الرمز البريدي ٥١١
عبري سلطنة عمان

Epworth Screening Quest. for Sleep Apnoea

Employee Data		Date: 19-4-2021
Name: Daljit Singh Balwinder		Department/Company: Truckman
I. D No. 77249604	Tel # 96128[illegible]	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

1 Slight chance of dozing

2 Moderate chance of dozing

3 High chance of dozing

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

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

Signature: Daljit Singh **Date:** 19-04-2021

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فاكس ٢٥٦٨٨٠٢٥
نقال ٩٩٧٣٩٠٧٣ / ٧١٥٥٩٩٧٧

Aster HOSPITAL
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مستشفى أستر
نحن نعتني بك دائما

Fitness to Work Certificate

Employee Data			Date 19-04-2021
Name Daljit Singh Balwinder			Department/Company Thylcomen
I.D No. 77249604	Age 45-Y		Occupation Driver.

Type of Medical Evaluation		Mark those applying √		
A1	Aircraft refuelling		A6 Fire / Emergency response team work	
A2	Breathing apparatus		A7 Professional driving	
A3	Business traveller		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			✓
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			
Puling, 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)			
Temporary Unfit until			
Permanently Unfit			Date
Name of health advisor	Signature	Date 19-04-2021	

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DEPARTMENT OF LABORATORY MEDICINE

File No:	0222957	**Report No:**	0570666		
Name:	DALJIT SINGH BALWINDER SINGH	**Sample Date:**	19/04/2021	**Time:**	9:33
		Received By:	JIBI		
Address:		**Received Date:**	19/04/2021	**Time:**	9:42
Gender:	M **Age:** 45 Y **Nationality:** INDIAN	**Report Date:**	19/04/2021	**Time:**	10:32
GSM No.:	96128470 **ID Card No.:** 77249604	**Bill No:**	0754288	**Bill Date:**	19/04/2021
Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP ABOVE 40(truckoman)		
FBS (FASTING BLOOD SUGAR)	5.04 mmol/L	3.9 - 6.1
Method :- Hexokinase	90.72 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	3.51 mmol/L	1 - 5.1
Method:-Enzymatic	135.7 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.04 mmol/L	0.777 - 1.813
" "	40.0 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	1.54 mmol/L	1.295 - 4.54
" "	59.59	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	0.94 mmol/L	0.259 - 1.036
" "	36.11 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	3.38	3.8 - 5.9
TRIGLYCERIDES	2.04 mmol/L	0.564 - 2.146
Method : Enzymatic	180.54 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.63 mg/dL	0.1 - 1
Method : Diazo	10.70 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.16 mg/dL	0.1 - 0.5
Method : Diazo	2.80 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	25.00 U/L	Male: up to 40.0 Female: up to32.0
SGPT (ALT)-SERUM (IFCC)	38.80 U/L	Male: 10-50 Female:10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	83.03 U/L	Adult : Men -40-129

Processed By:
JIBI
Lab Technologist
MOH LIC No: 4384

Approved By:
JIBI
Lab Technologist

Released By:
JIBI
Lab Technologist
MOH LIC No: 4384

Specialist Pathologist

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ص.ب. ٦٠٠ الرمز البريدي ٥١١
عبري سلطنة عمان

DEPARTMENT OF LABORATORY MEDICINE

File No:	0222957	**Report No:**	0570686		
Name:	DALJIT SINGH BALWINDER SINGH	**Sample Date:**	19/04/2021	**Time:**	9:33
		Received By:	JIBI		
Address:		**Received Date:**	19/04/2021	**Time:**	9:42
Gender:	M **Age:** 45 Y **Nationality:** INDIAN	**Report Date:**	19/04/2021	**Time:**	10:32
GSM No.:	96128470 **ID Card No.:** 77249604	**Bill No:**	0754288	**Bill Date:**	19/04/2021
Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
		:Female 35-104 Children:(Aged) 7months - 1Year :- <462 1Year - 3 Years :- <281 4 Years - 6 Years :- <269 7 Years - 12 Years :- <300 13 Years - 17 Years(M) :-<390 13 Years - 17 Years(F) :- <187
TOTAL PROTEIN-SERUM(Colorimetric Assay)	7.68 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	4.49 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	3.19 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.41	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	26.50 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	2.10 mmol/L	1.7 - 8.3
Method : Kinetic Assay	12.61 mg/dL	10.2 - 49.8
CREATININE - SERUM	67.31 µmol/L	44.2 - 123.7
Method :-Jaffé Method	0.76 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	7890 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	56.8 %	40-75%
LYMPHOCYTES	30.4 %	20-45%
EOSINOPHILS	2.4 %	2-6 %
MONOCYTES	9.5 %	2-8 %

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Approved By: JIBI *Lab Technologist*

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نقال
سلطنة عمان

DEPARTMENT OF LABORATORY MEDICINE

File No: 0222957
Name: DALJIT SINGH BALWINDER SINGH
Address:
Gender: M **Age:** 45 Y **Nationality:** INDIAN
GSM No.: 96128470 **ID Card No.:** 77249604
Ref. By: EXTERNAL DOCTOR

Report No: 0570686
Sample Date: 19/04/2021 **Time:** 9:33
Received By: JIBI
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Report Date: 19/04/2021 **Time:** 10:32
Bill No: 0754288 **Bill Date:** 19/04/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	0.9 %	0-1%
HB (HEMOGLOBIN)	15.4 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.24 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	2.56 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	45.20 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	86.30 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	29.40 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	34.10 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	04 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
Capillary Photometry Technology Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test.		
SICKLE CELL	NEGATIVE	
URINE ROUTINE		
URINE BIOCHEMISTRY		
GLUCOSE	NIL	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	

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Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	0-2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

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نقال: ٧٧٧٧٩٩٣٩/٧١٥٥٩٩٧٧

222957
45 Years

DALJIT
Male

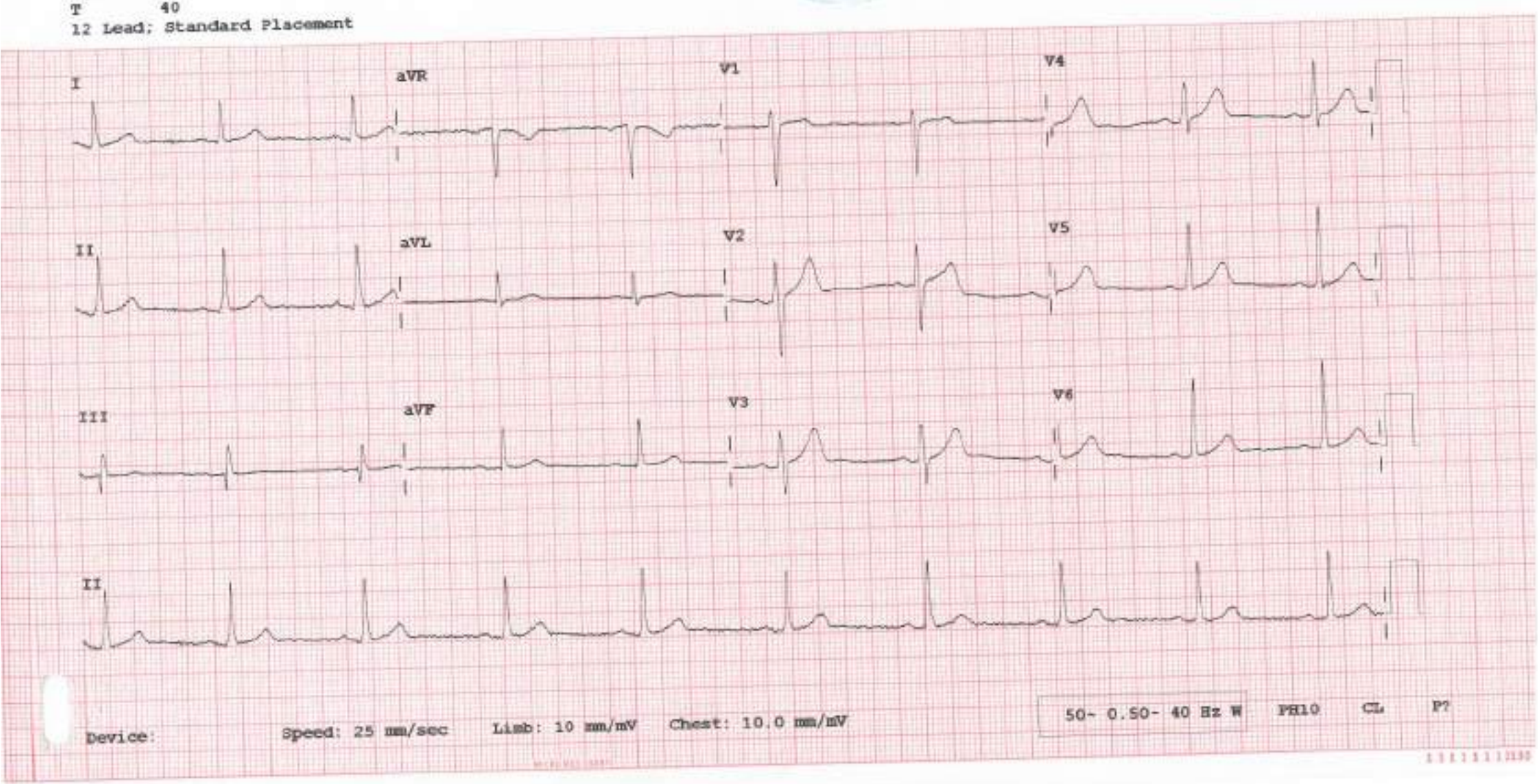
19-Apr-21 09:51:02 AM
Oman AlKhair Hospital (Emergenc>

Rate	58
RR	1034
PR	170
QRSD	91
QT	400
QTc	393

--AXIS--

P	34
QRS	48
T	40

12 Lead; Standard Placement



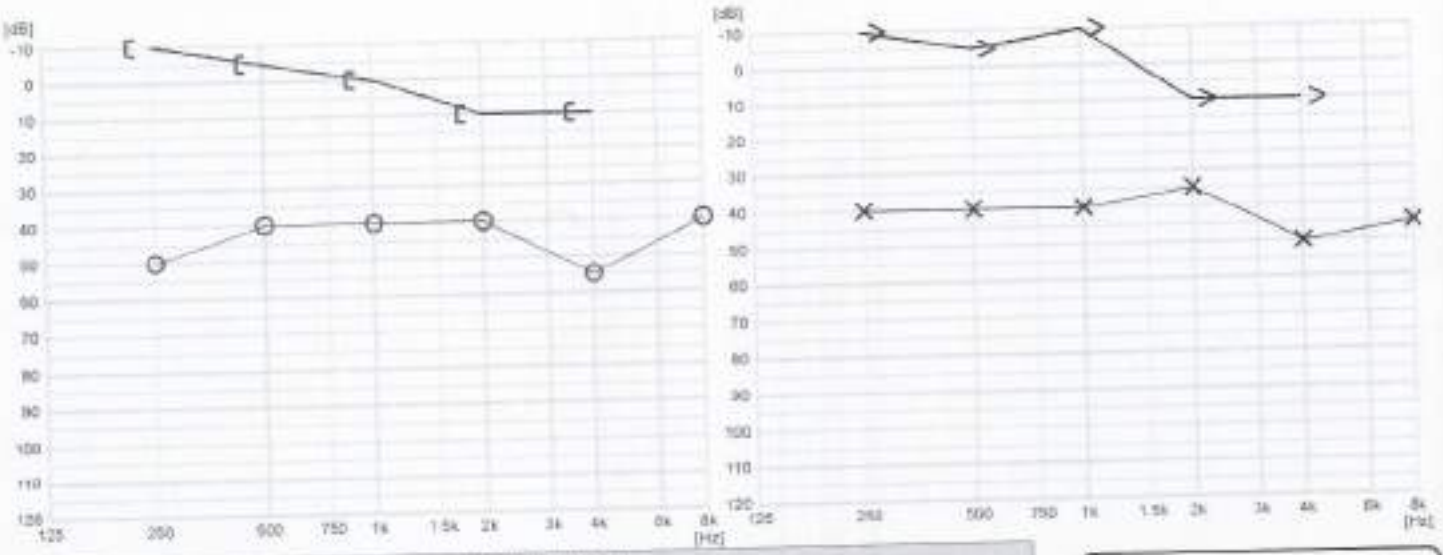
Device:

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

50- 0.50- 40 Hz W PH10 CL P?

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code:	Last name First name	Born:
0754288	BALWINDER SINGH , DAL[illegible]	
Test type:	Test date:	
Tonal audiometry	19.04.2021	



Audiometry (unaided)								
Freq [Hz]	500	1000	1500	2000	3000	4000	6000	8000
Left	40	40		35		50		45
Right	40	45		40		55		40

Calculate % hearing loss (if known)	L [%]	R [%]	Binaural [%]	Comments
Does the applicant exceed 35dB loss in either ear at 0.5, 1.0 or 2.0KHz?			Yes/No	

Legend	R	L
Air	○	×
Air/Masked	△	□
Bone	<	>
Bone/Masked	[	]
MCL	M	M
UCL	m	m
Free Field	⊘	⊗
Free Field/Aided	A	A
Binaural	B	
No response	↓	

PTA

Right:- 40dBHL

Left :- 38.3dBHL

Comments

BILATERAL MILD CONDUCTIVE HEARING LOSS

Signature:

Date: 19/04/2021