Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petroleum Development Oman
MEDICAL DEPARTMENT

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname	KARAM JIT
Forenames	SINGH JOGA
Address	
Home telephone number	94538372

Place of examination: NMC AL HAIL | Date: 8/7/25

If a dependant enter employee's name here:
Surname: KARAM JIT | Forenames: SINGH JOGA

Birth date: 2/3/1984 | Nationality: INDIAN | Country of birth: INDIA | Religion: (illegible)

☒ 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)
(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		✓			
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		✓			
16. Marked change in bowel habits		✓	36. Surgical operation		✓	46. Any gynaecological treatment		
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? NO | Average daily alcohol consumption NO

Have you ever taken elicited drugs? (NO) PDO test all new/potential employees for elicited/recreational drugs

FAMILY HISTORY: Diabetes (NO) Tuberculosis (NO) Epilepsy (NO) Asthma (NO) Eczema (X)
Heart disease (X) High blood pressure (NO) Stroke (X) Blood Disease (X) 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: 8/7/25 **Signature of Applicant:**

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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
✓		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	HEARING	VISION	Colour Vision	Blood Group
173	81,6	27,2	142/1.1	78 /mins.	L ✓ R ✓	DISTANT R 6/6 L 6/6; NEAR 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.)

No Remarkable findings

ASSESSMENT:

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

FIT

08/04/2022 DR. Shiva Kumar

Date: Name (Block Capitals): Dr. / Nurse

DR. SHIVA KUMAR S/ODAIAH
General Practitioner
Medical Lic. No: 3070
Signature: Specialist Hospital, Al Hail

REVIEW/CONSULTATION

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

RECEPTION

nmc

DEPARTMENT OF LABORATORY MEDICINE

File No:	50139496	**Report No:**	0157812		
Name:	KARAM JIT SINGH JOGA	**Sample Date:**	08/07/2025	**Time:**	10:00
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 41 Y **Nationality:** INDIAN	**Report Date:**	08/07/2025	**Time:**	11:51
GSM No.:	94556372 **ID Card No.:** 62053616	**Bill No:**	0380526	**Bill Date:**	08/07/2025
Ref. By:	DR MAHDI KARIMI	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
RANDOM BLOOD SUGAR	7.93 mmol/L	4.11 -7.9mmol/L
CREATININE	66.00 µ mol/L	Adults: MALE: 62 – 106 µ mol/L FEMALE: 44 - 80 µ mol/L
SGPT (ALT)	41.80 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L.
TOTAL WBC COUNT	7.21 x 10^3 / µL	4.00-11.00 x 10^3 / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	53.50 %	40-75%
LYMPHOCYTE (%)	32.09 %	20-45%
MONOCYTE (%)	7.14 %	2-8%
EOSINOPHIL (%)	6.60 %	1-6%
BASOPHIL (%)	0.68 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	07 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	13.12 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
SICKLE CELL Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sickle cell anaemia / Trait).	NEGATIVE	
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

10589
Lab Technologist
MOH License No: 17976
Electronically signed at: 7/8/2025 11:52:00

Approved By:

DR ROSE MARY
Specialist Pathologist
MOH License No: 18178
Electronically signed at: 08/07/2025 11:55:00

NMC Healthcare LLC
nmc specialty hospital

Printed at: 08/07/2025 2:26:50 PM

DEPARTMENT OF LABORATORY MEDICINE

File No:	50139496	**Report No:**	0157812		
Name:	KARAM JIT SINGH JOGA	**Sample Date:**	08/07/2025	**Time:**	10:00
		Received By.			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 41 Y **Nationality:** INDIAN	**Report Date:**	08/07/2025	**Time:**	11:51
GSM No.:	94558372 **ID Card No.:** 82053616	**Bill No:**	0380526	**Bill Date:**	08/07/2025
Ref. By:	DR MAHDI KARIMI	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	8.0	4.8-8.0
SPECIFIC GRAVITY	1.005	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-2
PUSCELLS	3-4 /hpf	0-5
EPITHELIAL CELLS	0-3 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	
CHEST X RAY PA		
ECG		
LIPID PROFILE		
TOTAL CHOLESTEROL	4.14 mmol/L	< 5.16 mmol/L
HDL	0.86 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	1.83 mmol/L	Desirable : <2.083 mmol/L Borderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	2.55 mmol/L	< 2.6 mmol/L
VLDL	0.83 mmol/L	0.128-0.645mmol/L

Verified By:

10589
Lab Technologist
MOH License No: 17576
Electronically signed at: 08/07/2025 11:52:00

Approved By:

DR ROSE MARY
Specialist Pathologist
MOH License No. 15176
Electronically signed at: 08/07/2025 11:56:00

Printed at: 08/07/2025 2:26:50 PM

DEPARTMENT OF LABORATORY MEDICINE

File No:	50139496	**Report No:**	0157812		
Name:	KARAM JIT SINGH JOGA	**Sample Date:**	08/07/2025	**Time:**	10:00
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 41 Y **Nationality:** INDIAN	**Report Date:**	08/07/2025	**Time:**	11:51
GSM No.:	94558372 **ID Card No.:** 82053616	**Bill No:**	0380526	**Bill Date:**	08/07/2025
Ref. By:	DR MAHDI KARIMI	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
AUDIOMETRY		
SPIROMETRY		

Verified By:

10589
Lab Technologist
MOH License No: 17976
Electronically signed at: 7/8/2025 11:52:00

Approved By:

DR ROSE MARY
Specialist Pathologist
MOH License No: 18178
Electronically signed at: 08/07/2025 11:55:00

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Printed at: 08/07/2025 2:26:50 PM

nmc

nmc specialty hospital,al-hail

REPORT

P.O BOX : 613, Postal Code : 133 al-hail Sultanate of Oman

Sl No: 47717		**Bill Date:** 08/07/2025	**Report Date :**08/07/2025 10:49:11
Patient Name: KARAM JIT SINGH JOGA		**Reg No:** 50139496	
Age: 41Y	**Gender:** Male	**Nationality:** INDIA	**Phone:**
Address:			
Company: TRUCKOMAN SOUTH LLC		**Policy No:**	
Certificate No:			
Region: CHEST X RAY PA			
Referred Doctor:		**Consultant Name:** DR MAHDI KARIMI	

CHEST X RAY PA

Both lung fields are clear.

Bilateral CP angles are clear

Cardiac silhoutte appears normal .

Both domes of diaphragm are normal.

Bony thorax appears normal

Impression:

- **No significant abnormality.**

Suggested clinical correlation

DR. SHEREEN ABD ELWAHAB MOHAMMED
Specialist - Radiology
NCHI Lic. No: 19525
nmc specialty hospital, Al Ghubrah

DR SHEREEN HASHIM
Radiology

AUDIOMETRY REPORT

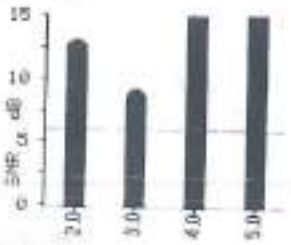
Name of the Patient Karam Jit Singh Jaga

Sex M MRN 50139496 Date of Test 08/07/2025

U107.05
08-JUL-25 10:39
DP 2s 2 sec avg
SN: GI1005649 GI2014595

NAME:

Left: Pass

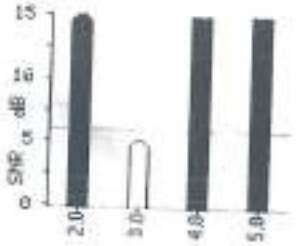


F2	L1	L2	DP	NF	SNR	
2.0	65	55	-1	-14	13	P
3.0	65	54	-1	-11	9	P
4.0	64	54	5	-14	20	P
5.0	63	53	0	-16	16	P

U107.05
08-JUL-25 10:39
DP 2s 2 sec avg
SN: GI1005649 GI2014595

NAME:

Right: Pass



F2	L1	L2	DP	NF	SNR	
2.0	65	55	1	-15	15	P
3.0	65	55	5	-16	5	P
4.0	65	55	5	-19	25	P
5.0	65	55	5	-20	25	P

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Signature of the Technician

Vitalograph

Pulmonary Function Report

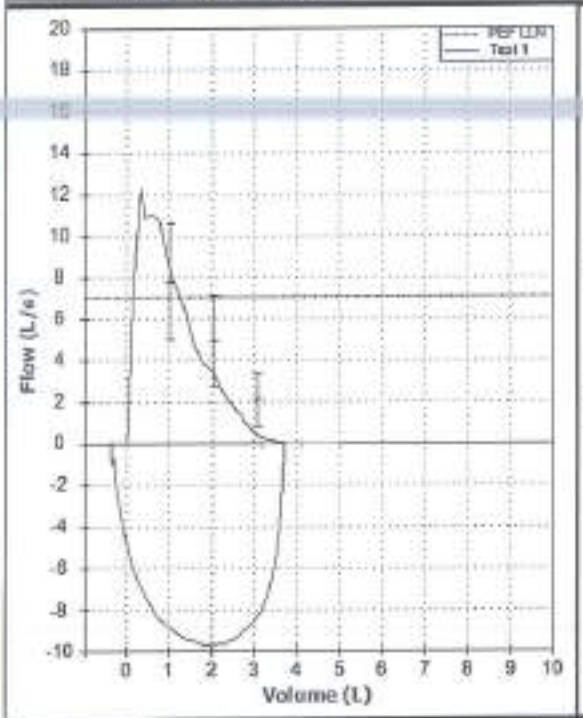
Subject Information

ID:	2025189_102848766	Alternate ID:	50139496		
Last Name:	Joga	First Name:	Karam	Middle Name:	Jit Singh
Population:	Asian	Gender:	Male	Date of Birth:	02/03/1984
Age:	41	Height:	173 cm	Weight:	81.6 kg
BMI:	27.3	Smoking:	Non Smoker		

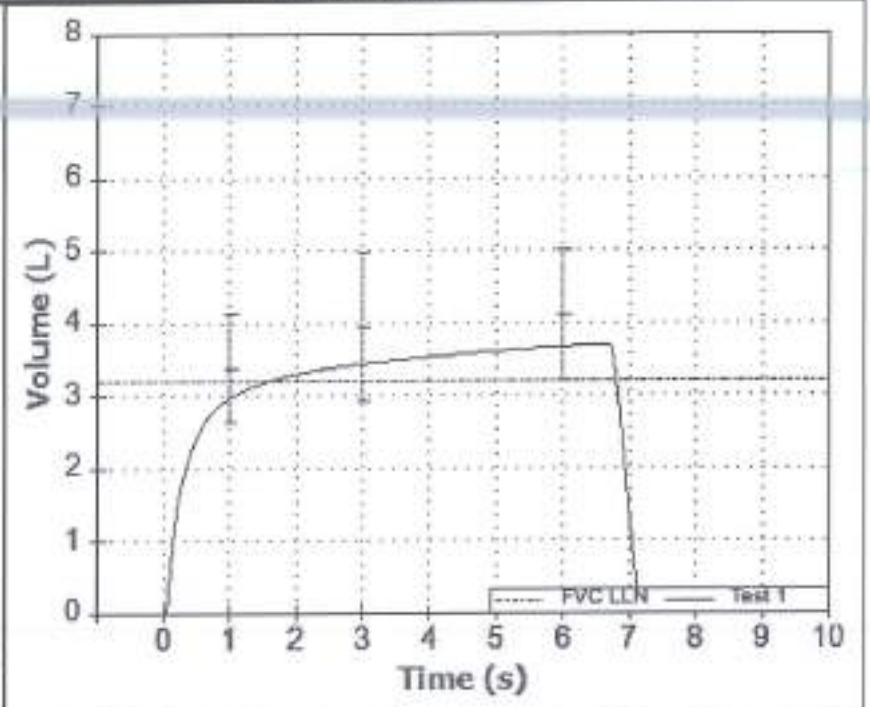
Test Session Information

Test Date:	08/07/2025 10:31	Device:	ALPHA Touch	Serial Number:	32166
No. of Tests:	7	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred. Values:	ERS 93	Pred. Factor:	90%	Posture:	Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	**4.10**	3.20	**3.69**	**90**	-0.75
FEV1 (L)	**3.38**	2.63	**3.00**	**89**	-0.83
FEV1 Ratio	**0.80**	0.68	**0.74**	**93**	-0.82
FEV6 (L)	**4.10**	3.20	**3.66**	**89**	-0.80
PEF (L/min)	**541**	422	**740**	**137**	2.75
FEF25-75 (L/s)	**4.29**	2.58	**3.09**	**72**	-1.15

Values at BTPS ,*Below lower limit of normality (LLN)

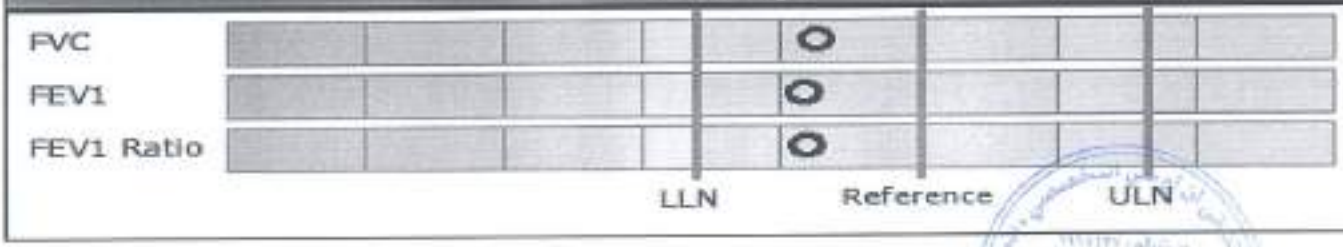
Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
D	-	-	0 blow(s)	0 blow(s)	0 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

Reference Pictogram



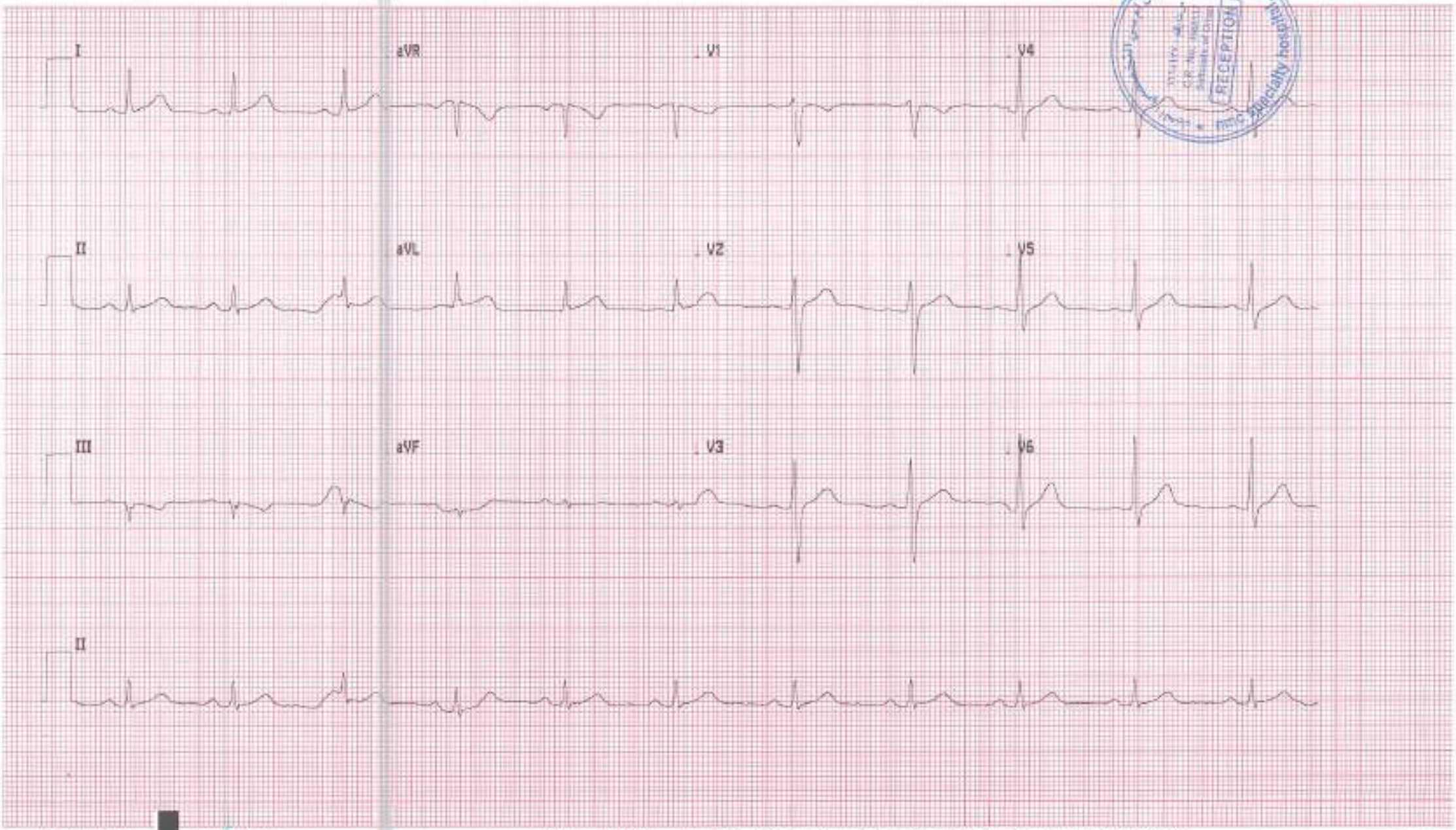
RECEPTION

ID: 30132498
DOB:
41yr, Male

Vent rate:	66 BPM
PR int:	189 ms
QRS dur:	110 ms
QT/QTc:	396/409 ms
P-R-T axes:	50 3 9

Sinus rhythm
NORMAL ECG

UNCONFIRMED REPORT



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Framingham Risk Score (2008)

Questions

1.	Gender?	Male
2.	Age?	40-44
3.	Total Cholesterol?	4.14-5.15 mmol/L
4.	HDL?	0.9-1.16 mmol/L
5.	Systolic Blood Pressure?	140-149 mmHg
6.	On Medication for Hypertension?	No
7.	Smoker?	No
8.	Diabetic?	No
9.	Known Vascular Disease (CAD, PVD, S...	No

7.9%

Risk Category

Low Risk

Estimated Vascular Age

51 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)

Created by QxMD

About

The FRS estimates the 10 year risk of manifesting clinical CVD (CAD, Stroke, PVD, CHF, cardiac death). Although not examined in the 2008 model, it is common practice to double the FRS if there is a FHx of premature CAD in a 1st degree relative (men <55y, women <65y).

*The risk stratification tool for the ESC is the SCORE system which estimates 10y risk of CVD death. Patients with a 10y risk of CVD death ≥5% are considered high risk. The lipid guidelines recognize risk equivalents as a distinct category that warrant immediate treatment. For patients with an ESC SCORE ≥ 5% a 3 month trial of lifestyle measures is a reasonable starting point. If after 3 months the lipids remain above moderate risk targets and the SCORE remains ≥ 5% then intensive therapy to reach high risk targets is recommended.

References

Ralph B. D’Agostino, Sr., Ramachandran S. Vasan, Michael J. Pencina, Philip A. Wolf, Mark Cobain, Joseph M. Massaro and William B. Kannel.
General cardiovascular risk profile for use in primary care: the Framingham Heart Study.
Circulation 2008 February 12, 117 (6): 743-53

McPherson R et al.
Canadian Cardiovascular Society position statement--recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease.
Canadian Journal of Cardiology 2006, 22 (11): 913-27

Management of Blood Cholesterol in Adults: Systematic Evidence Review from the Cholesterol Expert Panel.

Ian Graham et al.
European guidelines on cardiovascular disease prevention in clinical practice: executive summary: Fourth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (Constituted by representatives of nine societies and by invited experts).
European Heart Journal, Volume 28, Issue 19, October 2007, Pages 2375-2414

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VEHICLE DRIVING LICENCE

CLASS

NAME KARAM JIT SINGH JOGA

NATIONALITY INDIAN

IDOMN82053616<7<<<<<<<<<<<<<<<
8403021M2702054IND<<<<<<<<<<<2
KARAM<JIT<SINGH<<<<<<<<<<<<<<

SULTANATE OF OMAN

RESIDENT CARD

82053616
05/02/2027
02/03/1984

RECEPTION

Outlook

Truckoman RMG-PDO - PDO FTW medical - KARAM JIT SINGH - 1442

From Nimesh <nimesh@truckomangroup.com>
Date Tue 7/8/2025 7:42 AM
To Customercare Hail [NMC Oman] <customercare.hail@nmcoman.com>
Cc Majda Al Hadhrami [NMC Oman] <majda.alhadhrami@nmcoman.com>; Rahul Bhalerao [NMC Oman] <Rahul.Bhalerao@nmcoman.com>; Bushra Al Balushi <bushra@truckomangroup.com>; Nimr Camp Boss <nimr.campboss@truckomangroup.com>; Nusaiba <nusaiba@truckomangroup.com>; Harshakumar <harsha@truckomangroup.com>

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Do NOT ACT on any instructions given on email unless you recognize the Sender, If in doubt please contact the Sender directly for confirmation.Do not click on links or open attachments unless you recognize the sender.

Dear NMC Team,

Please arrange for the required PDO medical examinations for the employee below. He will report to the NMC hospital Al Hail this morning (08.07.2025). Please send me a copy of the medical reports once they are completed.

Emp No	Name	Age	ID card number	GSM	Account
1442	KARAM JIT SINGH	41	82053616	94558372	Truckoman -RMG-PDO

Kind Regards,

تـرك عـمـان
TRUCKOMAN

Nimesh
Truckoman North -Rig Moving Group-PDO
GSM : 95328619