



PEACE LAND MEDICAL CENTER



MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname	
Forenames	BALWINDER SINGH
Address	101281447 - Tuckman St
Home telephone number	97146475

Place of examination:	Muscat	Date	20/9/22
If a dependant enter employee's name here:			
Surname		Forenames	
Birth date:	3/4/70	Nationality:	Indian
Country of birth:	India	Religion:	Sikh
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Relationship to employee	
		☐ Wife ☐ Son ☐ Daughter	Number of children: 3
Reason for examination		Job:	
Pre-Employment ☒ Periodic medical check-up ☐		Area: H.O.D.	
Pre-Overseas ☐			

Name and address of family doctor	List your last 3 jobs
	(1)
	(2)
	(3)

Are you a Registered Disabled Person? (UK only)	☐	Do you belong to any Medical Insurance Scheme?	☐
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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			41. Rejected for employment or insurance for medical reasons		
3. Difficulty in vision			23. Rheumatic fever			42. Awarded benefits for industrial injury/illness		
4. Any ear discharge			24. Abnormal heartbeat			43. Treated for a mental condition, e.g. depression		
5. Asthma/bronchitis			25. High blood pressure			44. Treated for problem drinking or drug abuse		
6. Hayfever /other significant allergy			26. Stroke			45. Exposed to toxic substance or noise		
7. Any skin trouble			27. Serious chest pain			FOR WOMEN ONLY		
8. Tuberculosis			28. Any blood disease			Have you ever had:-		
9. Shortness of breath			29. Kidney disease			46. An abnormal smear		
10. Coughed/vomited blood			30. Blood in urine			47. Any gynaecological treatment		
11. Severe abdominal pain			31. Painful passage of urine			48. Are you pregnant?		
12. Stomach ulcer			32. Diabetes			49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
13. Recurrent indigestion			33. Headaches/migraine					
14. Jaundice or hepatitis			34. Dizziness/fainting					
15. Gall Bladder disease			35. Epilepsy					
16. Marked change in bowel habits			36. Joints/spinal trouble					
17. Blood in stools (motions)			37. Surgical operation					
18. Marked change in weight			38. Serious accident/fracture					
19. Varicose veins			39. Tropical disease					
20. Lump in breast/arm/pt			40. Fear of heights					

How much tobacco each day?	NO	Average daily alcohol consumption	NO
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Have you ever taken elicited drugs? ()					
FAMILY HISTORY:		Diabetes ()	Tuberculosis ()	Epilepsy ()	Asthma ()
		Heart disease ()	High blood pressure ()	Stroke ()	Eczema ()
				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.

Date:	20/9/22	Signature of Applicant:	[Signature]
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PEACE LAND MEDICAL CENTER



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. Hemial Orifices
/		8. Anus & Rectum
/		9. Genito-urinary
/		10. Extremities
/		11. Musculo-skeletal
/		12. Skin & Varicose Vns.
/		13. C.N.S.
/		14. Breast

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L R	VISION DISTANT R L NEAR R L	Colour Vision	Blood Group
166	90	32.7	137/88	70 /mins.	N	Uncorrected Corrected 6/6 6/6	✓	

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 +)		6-7/	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.)

✓ Lsm & RFR (Dist & Exercise & Int)

ASSESSMENT:

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

Date: 21/9/22 Name (Block Capitals): Dr. / Nurse

Signature:

Dr. Shima Sayedabdelhaleem
Cardiologist Specialist
MOH Lic. No. 21962

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:



مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

BALWINDER SINGH

32 Y(M) «Male»

20/09/22 09:57



71654

88 #

0036222

004000

PEACE LAND

Date:

20/9/22

Department/Company:

Truck owner

Occupation:

H.D.D

This questionnaire will help to 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

0 sitting and reading

0 watching TV

0 sitting inactive in a public place (e.g. theatre or meeting)

0 as a passenger in the car for an hour without a break

0 Lying down to rest in the afternoon when circumstances permit

0 Sitting and talking with someone

0 Sitting quietly after lunch without alcohol

0 in a car, while stopped for a few minutes in traffic

Total

0

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

Signature

Balwinder Singh

Date:

20/9/22





Peace Land Medical Center

P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower
Sultanate of Oman

Tel: 24617117/24617148/24617149

LAB RESULT

Name: BALWINDER SINGH
Age: 52 Y Nationality: INDIAN
Gender: M
Ref. By: DR.SHIMA
GSM No.: 97746475

Doc No: 0024872
File No: 0035222
Bill No: 0040898
Date: 20/09/2022
Time: 11:57

Test	Result	Normal Range
MEDICAL CHECKUP SCHLUMBERGER SPECIFICATION		
COMPLITE BLOOD COUNT		
RBC	5.6 $10^{12}/l$	Male 4.38 - 5.78 $10^{12}/l$ Female 4.0 - 5.0 $10^{12}/l$
HAEMOGLOBIN	13.8 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	40.3 %	Male 39.30 - 50.00 % Female 37 - 47 %
MCV	84 fl	84-94 fl
MCH	27.3 pg	27 - 33 pg
MCHC	33.1 g/dl	29.6 - 35.6 %
WBC COUNT	7.7 10^9 d/l	5.0 - 11.0 $10^9/l$
DIFFERENTIAL COUNT		
NEUTROPHIL	60 %	40-75 %
LYMPHOCYTE	37 %	20-45 %
EOSINOPHIL	01 %	1-6 %
MONOCYTE	02 %	2-8 %
BASOPHIL	00 %	0-1 %
ESR	11	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	300 $10^9/l$	156 - 342 $10^9/l$
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	62 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.51 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	28.6 U/L	0 - 35.0 U/L
S.G.P.T.	33.9 U/L	10 - 45 U/L





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GSM No.: 97746475

Doc No: 0024872
File No: 0035222
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Date: 20/09/2022
Time: 11:57

Test	Result	Normal Range
GGT	28.6 U/L	0 - 55.0 U/L
ALBUMIN	4.3 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	7.0 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.13 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	48.3 mg/dl	18.0 - 55.0 mg/dl
S. CREATININE	0.79 mg/dl	0.70 - 1.30 mg/dl
S. URIC ACID	6.9 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	170 mg/dl	0.0 - 200 mg/dl
Triglyceride	85.6 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	62.0 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	90.9 mg/dl	< 100 mg/dl
VLDL	17.1 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	98.4 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.020	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	
Ketones	Negative	



Medical Technologist

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GSM No.: 97746475

Doc No: 0024872
File No: 0035222
Bill No: 0040898
Date: 20/09/2022
Time: 11:57

Test	Result	Normal Range
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	1-3	
EPITHELIAL CELLS	1-2	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	
STOOL ROUTINE ANALYSIS		
PHYSICAL		
Colour	Brownish	
Consistency	Soft	
Reaction	Alkaline	
Mucus	NIL	
MICROSCOPIC		
Ova:	NIL	
Cyst:	NIL	
Pus Cells:	1-2 Cells/hpf	
RBCs	0-1 Cells/hpf	
Others	NIL	
Bacteria	NIL	
DRUG TESTING		
AMPHETAMINES(AMP)	NEGATIVE	
MORPHINE(MOP)	NEGATIVE	
COCAINE(COC)	NEGATIVE	



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Test	Result	Normal Range
PHENCYCLIDINE(PCP)	NEGATIVE	
METHAMPHETAMINE(MET)	NEGATIVE	
TRAMADOL(TRA)	NEGATIVE	
BARBITURATES(BAR)	NEGATIVE	
BENZODIAZEPINES(BZO)	NEGATIVE	
MEDTHODONE(MED)	NEGATIVE	
TRICYCLIC ANTIDEPRESSANTS	NEGATIVE	
MARIJUANA(THC)	NEGATIVE	



2022-09-20 09:03:47

BALWINDER SINGH

52 Y(M) 48kbs

20/09/22 08:57



0030322

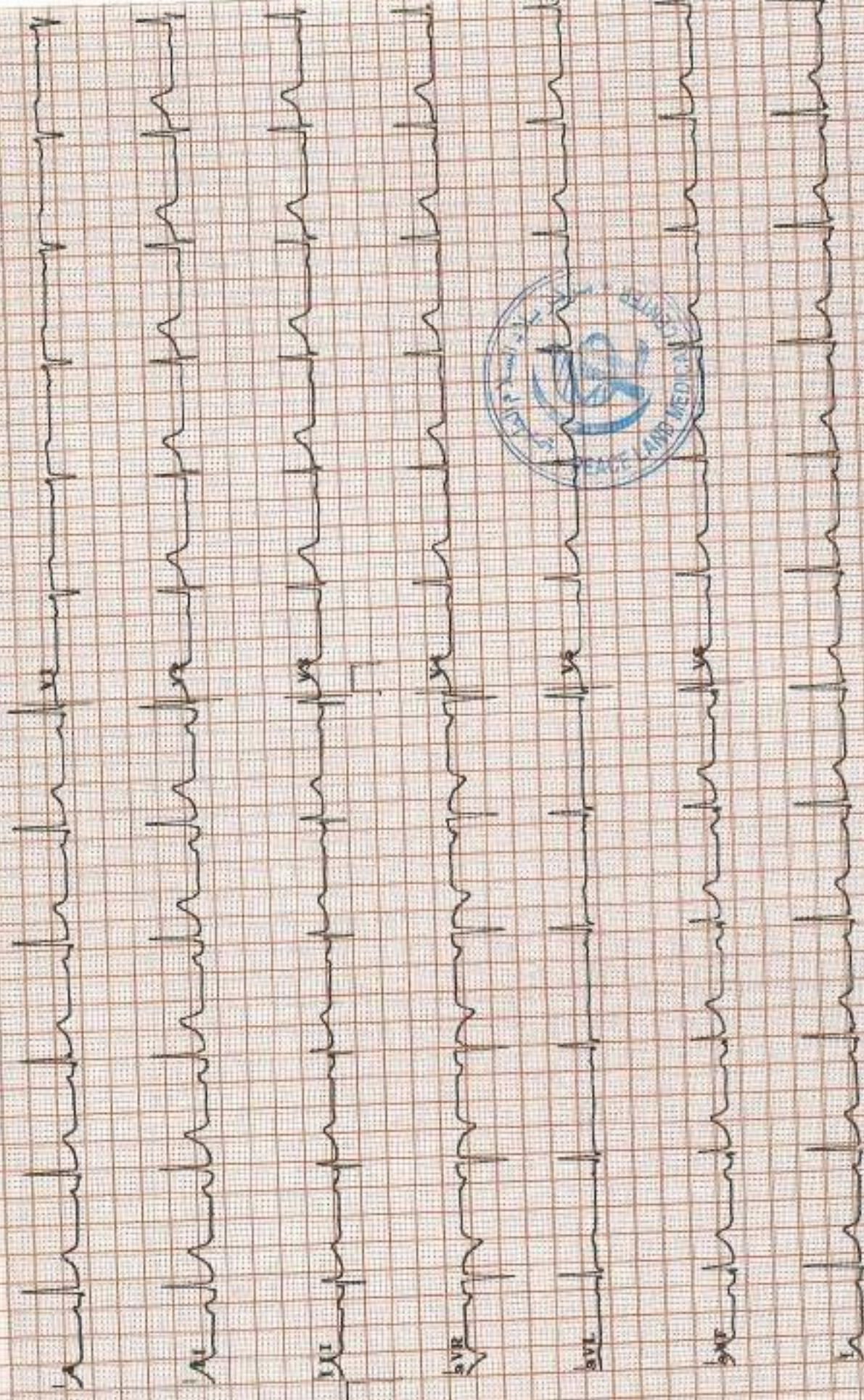
511

0007060

Heart Rate : 71 BPM
 PR Int. : 168 ms
 QRS Dur. : 66 ms
 QT/QTc : 382/414 ms
 P-R-T axes: 53 33 53

Analysis Result ** (Unconfirmed Report)
 Pacemaker Rhythm
 [MARKEDLY ABNORMAL ECG]

6Channel+1 Rhythm Report
 Confirmed by:
 Hospital: PLMS



Estimated 10-year Global CVD
Risk

6.7%

Risk Category

Low Risk

Estimated Vascular Age

48 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

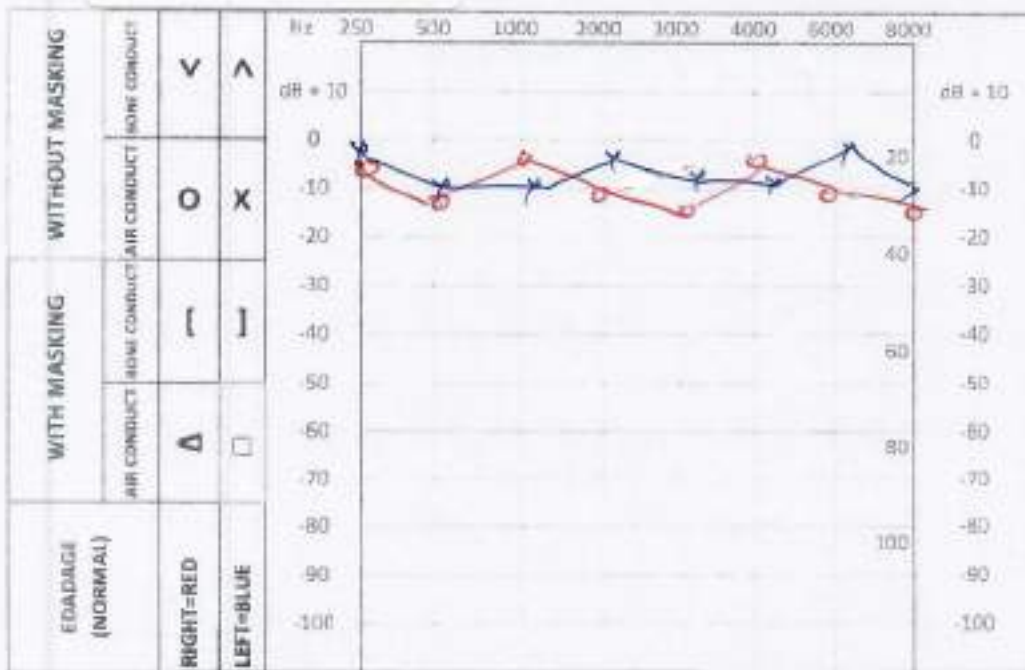
LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)



مركز بلاد السلام الطبي Peace Land Medical Center

BALWINDER SINGH 52 Y(M) BLOOD		20/09/22 09:58	HEARING TEST REPORT	
NAME		0035222	COMPANY	Peace Land
AGE	71555	B# 0040550	OCCUPATION	11120
REF. BY			DATE	20/9/22



Sibelmed

Conf. 520-543.013

INTERPRETATION

X LEFT EAR
O RIGHT EAR

RESULT

☒ NORMAL
☐ HEARING LOSS
☐ RIGHT
☐ LEFT

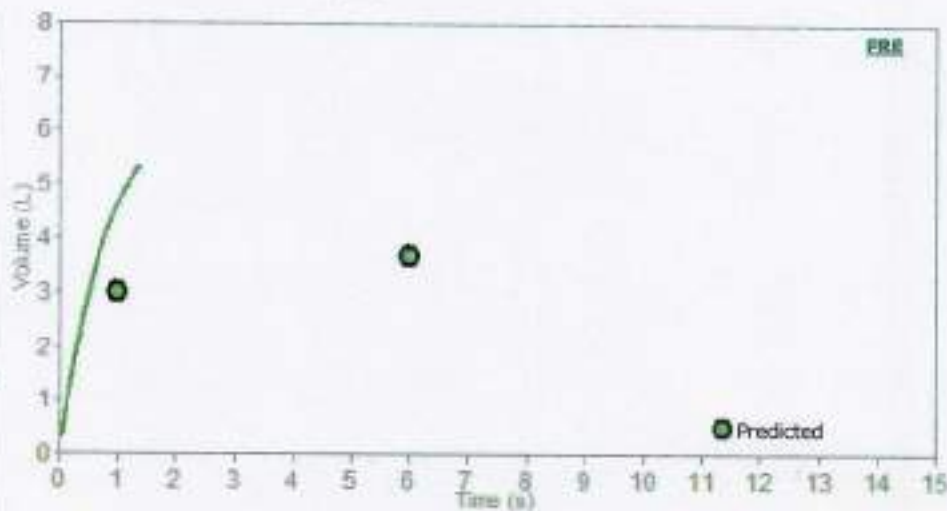
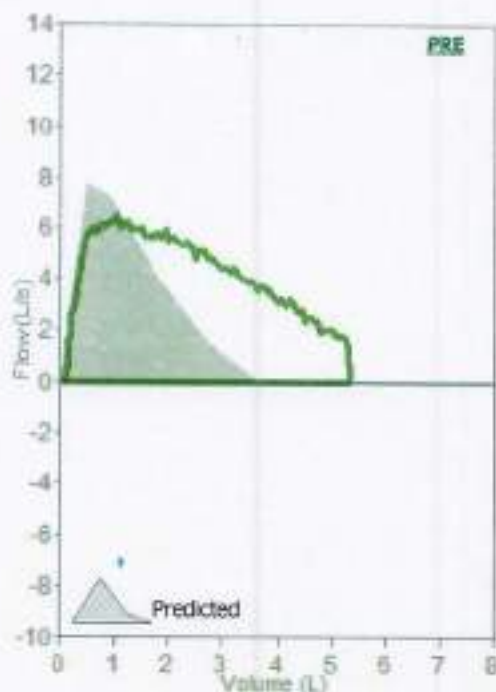


Pulmonary Function Test Results

Visit date 20/09/2022

Patient code 101281447
Surname SINGH
Name BALWINDER
Date of birth 03/04/1970
Ethnic group Not defined
Smoke
Patient group

Age 52
Gender Male
Height, cm 166
Weight, kg 90
BMI 32.66
Pack-Year



Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 20/09/2022 12:10:43

Parameters	LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	2.63	3.68	5.33*	145	2.59	5.33			*	
FEV1	L	2.14	3.01	4.66*	155	3.16	4.66			*	
FEV1/FVC	%	72.2	82.4	87.4*	106	0.82	87.4			*	
PEF	L/s	4.37	7.79	6.78*	87	-0.49	6.78			*	
ELA	Years		52	52	100		52				
FEF2575	L/s	1.43	3.21	4.68	146	1.36	4.68				
FET	s		6.00	1.36	23		1.36				
FVC	L	2.63	3.68								
FEV1/VC	%	72.2	82.4								

*Best values from all loops - BTPS 1.082 27 °C (80.6 °F) - Predicted Knudson

Conclusion / Medical report

Signature



Instrument used
Minispir S S/N C11507
Last calibration check 01/11/2021 09:35:10



NAME: Balwinder Singh

19-SEP-2022

File No: 10596

Chest x-ray Report: PA chest x-ray.

- ✚ Lung fields appear normal.
- ✚ Hila appear normal.
- ✚ Both CP angles are clear.
- ✚ Cardiac silhouette is within normal limits.
- ✚ Bony thorax appears normal.



☉ Comment: Normal PA chest x-ray.

DR IRAJ EMAMYAR RAMEZANI, GENERAL PRACTITIONER





مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date 21/9/22	
Name Balwinder Singh		Department/Company Truck Oman SLB	
ID No.	1012 81447	Occupation HDD	
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			
Pulling, 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		Date 21/9/22	
Permanently Unfit			
Name of health advisor Signature		 Dr. Shihab Al-Murshidi MOH Lic No. 21953	

STS Summary Report

PEACELAND MEDICAL CENTER

Name: **BAKWINDER SINGH**
 Details: 52years(Male), 90Kg, 166cm

ID: 246177149
 Doctor: **Dr. SHIMA**

Tested On: 20/09/2022, 10:51 AM

Che

Test Summary Report

Target HR = 168
 Protocol = BRUCE

HR achieved = 157 (93%)
 Total time = 14:54

Peak Ex = Exercise 4
 Exercise time = 10:03

Max ST deviation = 6.18(Lead V2)
 Recovery time = 04:02

Object of test : A 52 YEAR OLD MALE: HEALTH EXAMINATION

Risk factor :

Activity :

Other Investigation :

Ex tolerance :
 Ex Arrhythmia : NONE
 Hemo Response : NL
 Chrono response : NL

Reason for Termination : FATIGUE

Stagewise Summary

Stage Name	Duration (mm:ss)	HR at the end of stage	Max ST (mm)	Min ST (mm)	Speed km/hr	Slope (%)	METS	sys/dia(map) (mmHg)	RPP	Comments
Supine	00:25	100	6.18(V2)	---	0.0	0.0	0.00	---/---(---)		
Waiting for Exercise	00:24	96	2.82(V2)	-1.27(AVR)	0.0	0.0	0.00	---/---(---)		
Exercise 1	03:00	114	3.41(V2)	-1.45(AVR)	2.7	10.0	5.10	140/80(100)	18620	
Exercise 2	03:00	123	5.93(V2)	-2.04(III)	4.0	12.0	7.10	150/80(103)	19050	
Exercise 3	03:00	139	6.18(V2)	-2.46(AVF)	5.5	14.0	10.00	160/80(106)	22720	
Peak Exercise 4	01:03	157	5.42(V2)	-2.86(III)	6.8	16.0	13.00	170/80(110)	26690	
Recovery 1	01:00	126	4.23(V2)	-2.60(III)	6.8	16.0	0.00	180/80(113)	28260	
Recovery 2	01:00	116	5.71(V2)	-2.30(AVR)	6.8	16.0	0.00	170/80(110)	21250	
Recovery 3	01:00	103	3.35(V2)	-1.62(AVR)	6.8	16.0	0.00	160/80(106)	18560	
Recovery 4	01:00	104	3.64(V2)	-1.40(AVR)	6.8	16.0	0.00	150/80(103)	16200	
Recovery 5	00:02	0	---	---	6.8	16.0	0.00	---/---(---)		

Medication:

History:

BPL DYNATRAC ULTRA Technician: MR SUO Done By: Confirmed by:

STS Summary Report

PEACELAND MEDICAL CENTER

Name: **BAKWINDER SINGH**

24617149

Details: 52 years (Male), 90kg, 165cm

ID: 02200922

Tested On: 20/09/2022, 10:51 AM

G96

Doctor: **Dr. SHIMA**

Observations: A 52 YEAR OLD MALE UNDERWENT EXERCISE TOLERANCE TEST, UTILIZING BRUCE PROTOCOL. THE PATIENT DID NOT COMPLAIN OF CHEST PAIN, SOB OR DIZZINESS. COMPLETED 10.03 MINUTES OF EXERCISE (STAGE 4). ACHIEVED 13 METS. GOOD FUNCTIONAL CLASS. RESTING HEART RATE 75 BPM AND INCREASED TO 157 BPM WHICH IS 93% OF THE MAXIMUM AGE-PREDICTED HEART RATE. RESTING BLOOD PRESSURE: 140/80 MM-HG AND INCREASED TO 180/80 MM-HG. NEITHER HYPERTENSIVE BLOOD PRESSURE RESPONSE NOR HYPOTENSION. RESTING ECG SHOWED NORMAL SINUS RHYTHM. EXERCISE ECG SHOWED NO SIGNIFICANT ST-T WAVE CHANGES. REASON FOR TERMINATION WAS FATIGUE.

Final Impression: THE TEST IS NEGATIVE FOR ISCHEMIA OR EXERCISE RELATED ARRHYTHMIA. HE IS CONSIDERED FIT FROM CARDIAC POINT OF VIEW AT PRESENT TO WORK.

