

Medical Fitness Certificate

Name of the Examined : Mr. SHAKIM KHAN
Age : 54 yrs/M
ID Number : 76338568
Date of medical Examination : 13/01/2026
Examining physician : Dr. ALI GHASSAH
Hospital : AL NILE HOSPITAL

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

Life style Modification.

Examining physician stamp and signature




Hospital stamp





CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name: SHAKIM KHAN
		GIN:
Place of examination AL NILE HOSPITAL	Date 13/01/2026	Mobile: 96594914
Age: 54	Nationality: EGYPTIAN	Blood Group:
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 3
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)		
	Y	N
1-SINUS TROUBLE		☒
2- NECK SWELLING / GLANDS		☒
3-DIFFICULTY IN VISION		☒
4- ANY EAR DISCHARGE		☒
5-ASHMA / BRONCHITIS		☒
6- HAYFEVER / OTHER SIGNIFICANT ALLERGY		☒
7-ANY SKIN TROUBLE		☒
8- TUBERCULOSIS		☒
9- SHORTNESS OF BREATH		☒
10 - COUGHED / VOMITED BLOOD		☒
11 -SEVERE ABDOMINAL PAIN		☒
12- STOMACH ULCER		☒
13-RECURRENT INDIGESTION		☒
14-JAUNDICE OR HEPATITIS		☒
15 - GALL BLADDER DISEASE		☒
16- MARKED CHANGE IN BOWEL HABITS		☒
17- BLOOD IN STOOLS (MOTIONS)		☒
18 - MARKED CHANGE IN WEIGHT		☒
19 -VARICOSE VEINS		☒
20 - LUMP IN BREAST / ARMPIT		☒
21- CANCER		☒
22- HEART DISEASE		☒
23- RHEUMATIC FEVER		☒
24- ABNORMAL HEARTBEAT		☒
25- HIGH BLOOD PRESSURE	☒	134
26- STROKE		☒
27- SERIOUS CHEST PAIN		☒
28-ANY BLOOD DISEASE		☒
29- KIDNEY DISEASE		☒
30 - BLOOD IN URINE		☒
31- DIABETES		☒
32-HEADACHES / MIGRAINE		☒
33-DIZZINESS / FAINTING		☒
34- EPILEPSY		☒
35- JOINTS / SPINAL TROUBLE		☒
36-SURGICAL OPERATION		☒
37-SERIOUS ACCIDENT / FRACTURE		☒
38- TROPICAL DISEASE		☒
39- FEAR OF HEIGHTS		☒
HOW MUCH TOBACCO EACH DAY?		NIL
AVERAGE DAILY ALCOHOL CONSUMPTION		NIL
HAVE YOU EVER TAKEN ILICITED DRUGS ? ()		
FAMILY HISTORY: DIABETES ☒ TUBERCULOSIS ☒ EPILEPSY ☒ ASTHMA () ECZEMA ☒ HEART DISEASE ☒ HIGH BLOOD PRESSURE ☒ STROKE ☒ BLOOD DISEASE () CANCER ☒ Mother		
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: 13/01/2026		
SIGNATURE OF APPLICANT: Shakim Khan		





2028770

JHD: ALNLS-6270
 Name: Mr Shaim Khay
 Age/Sex: 54 Y, 11 M, 12 D/Male
 CollectDate/Time: 13-01-2026 08:35 AM

VISUAL FIELDS:	Normal w/ glass		COLOR VISION:	Normal w/ glass	
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: 162	WEIGHT: 74	BMI: 28.2	BP: 130/80 mmHg	PULSE: 70 / mbs	
BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY		
EYES AND PUPILS	N				
EAR/ NOSE/ THROAT	N				
TEETH AND MOUTH	N				
LUNGS AND CHEST	N				
CARDIOVASCULAR	N				
ABDOMEN	N				
HERNIAL ORIFICES	N				
ANUS AND RECTUM	N				
GENITO - URINARY	N				
EXTREMITIES	N				
MUSCULOSKELETAL	N				
SKIN / VARICOSE VIENS	N				
NEUROLOGICAL	N				
MENTAL FITNESS	N				
BREAST	N				





2026770

J-HID: ALNILE-6270
 Name: Mr. Shakim Khan
 Age/Gender: 54 Y, 11 M, 12 D Male
 Collected Date/Time: 13-05-2026 08:25 AM

CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: SHAKIM KHAN	AGE	SEX	COMPANY	GIN
54	M	GRVCK DMN		

PAST MEDICAL HISTORY treated with HTN by Lotcyan 10/160	BLOOD GROUP A+ positive
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ALLERGIES:-			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

AUDIOGRAM	TESTS RESULTS
DSU 5 PANEL	Normal

ECG	incomplete RBBB - normal sinus rhythm
CHEST X-RAY	

BLOOD INVESTIGATIONS					
RBCS	N	4.20-6.30*10 ⁶ /UL	SGOT	N	MALE:10-50 FEMALE:10-35U/L
WBCS	N	4.0-11.0*10 ³ /UL	SGPT	N	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	N	37-72%	GGT	N	0-50U/L
EOSINO	N	0-6%	FBS	N	60-110 MG/DL
BASO	N	0-1%	CHOLESTEROL	N	UP TO 200 MG/DL
LYMPHO	N	10-58%	HDL	N	20-60 MG/DL
MONO	N	0-14%	LDL	N	UP TO 130 MG/DL
HEMATOCRT	N	37-51%	TRIGLYCERIDES	N	35-175 MG/DL
HEMOGLOBIN	N	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	N	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	N	MALE:0-10 MM/HR FEMALE:0-20 MM/HR	URIC ACID	N	MALE:3.6-7.7 MG/DL FEMALE:2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	N	SUGAR	N
ALBUMIN	N	OTHERS	N
STOOL ANALYSIS			
PARASITES	N	BLOOD	N

COMMENTS	
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EXAMINING PHYSICIAN

[Signature]
 Dr. [Name]
 General Practitioner
 01000-1000




 76338568 56872431E
 سلطانة عُمان
 SULTANATE OF OMAN
 RESIDENT
 CARD
 بطاقة
 مقیم
 الرقم المدني
 تاريخ الانتهاء
 تاريخ الميلاد
 مكان الميلاد
 الاسم
 شقيق
 الحان
 المعاملة
 سابق
 واس
 قاطرة
 (زائرة)
 عمل
 بدون
 مرخص
 له
 شركة
 ترك
 عديدا
 تاجر
 للمعدات
 في
 م.م

[illegible]

2026-01-13 09:05:04

Name : SHAKIM KILAN : 54

Sex : Male Age

Section: DR. Ali

RoomID: _____

BedID: _____

Operator: veena

Data for reference only:

HR	bpm	: 60
PR Interval	ms	: 159
P Duration	ms	: 120
QRS Duration	ms	: 123
T Duration	ms	: 210
QT/QTc	ms	: 406/404
P/QRS/T Axis	deg	: 20.2/36.0/4.9
R(Y5)/S(V1)	mV	: 1.08/0.35
R(Y5)+S(V1)	mV	: 1.43

<< Conclusions >>

Normal Sinus Rhythm;
Cardiac electric axis normal;
Completeness Right Bundle branch block;

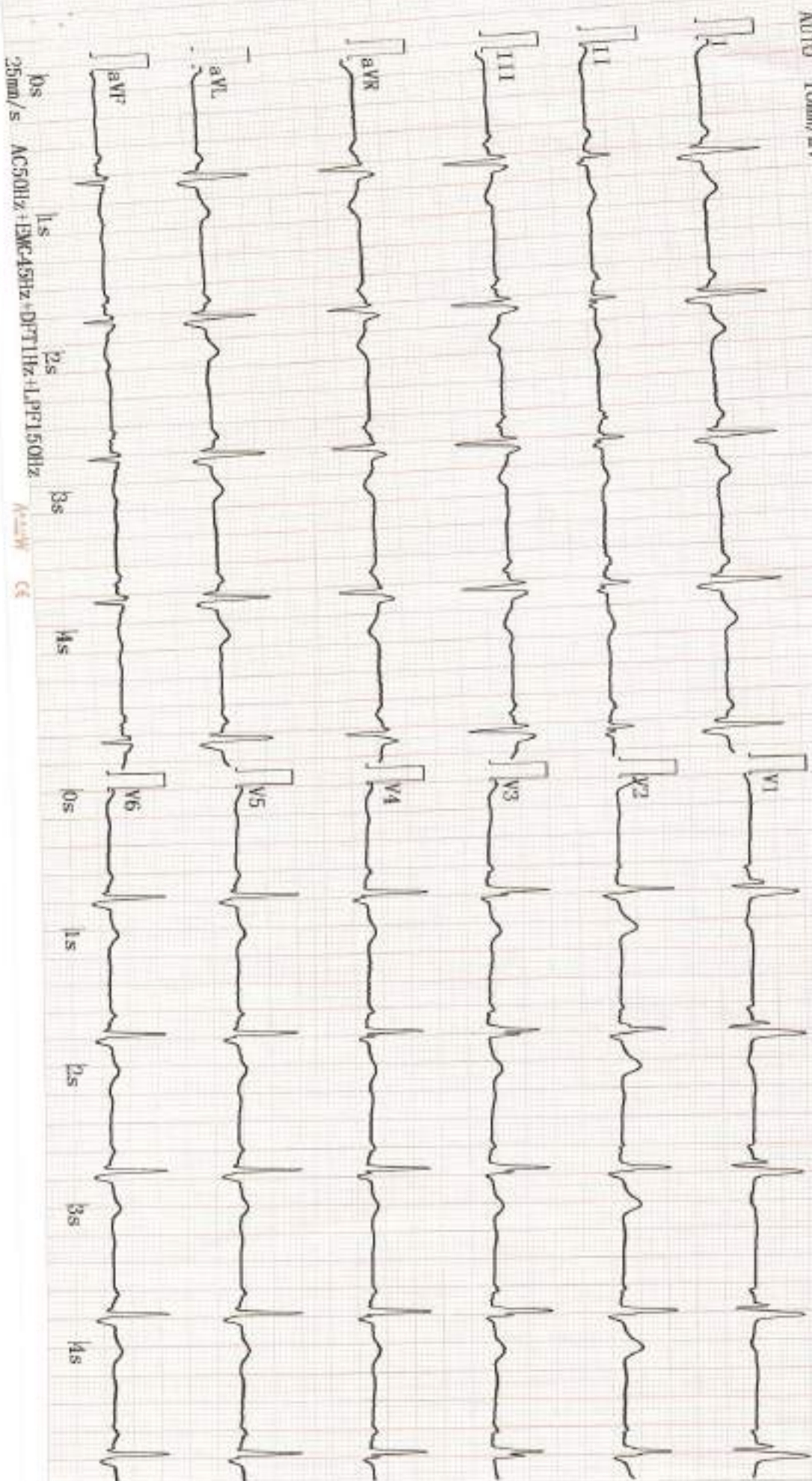
Report used, physician confirm



Physician: _____

AUTO 10mm/mV

10mm/mV



2026770

AL NILE HOSPITAL
Jeddah, KSA
Date: 13-01-2026 09:05 AM



Al Nile Hospital
مستشفى النيل



2026770

UHD: ALNILE-5270

Name: Mr Shakhim Khan

Age/Gen: 54 Y, 11 M, 12 D/Male

collectedDate/Time: 13-01-2026 08:25 AM

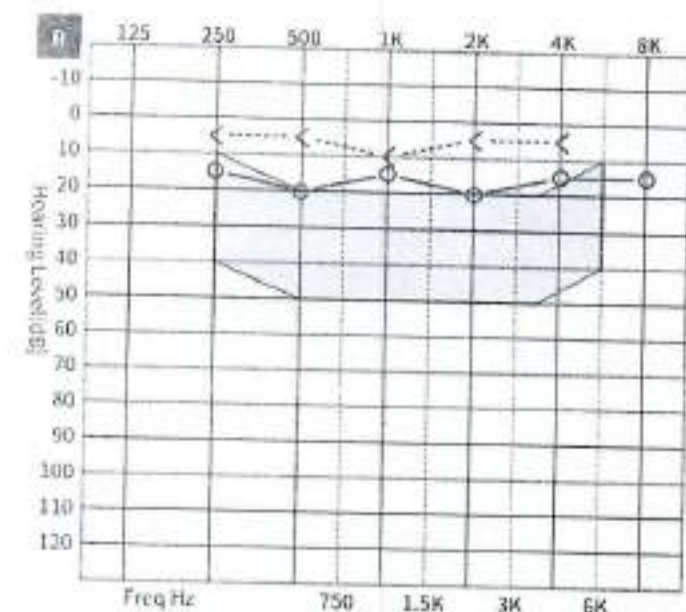
PTA Test Report

ID:5270

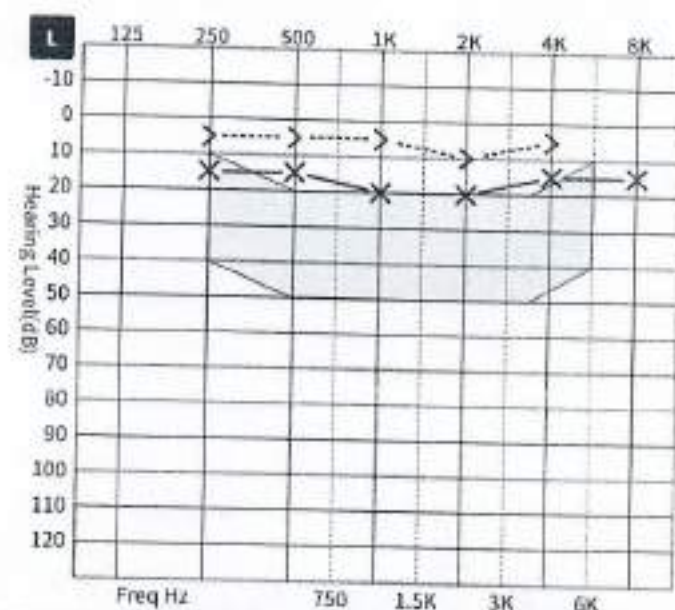
Gender:Male

Name:SHAKIM KHAN

Age:54Y



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



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

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



Test Date:2026-01-12 21:05

Printing Date:2026-01-12 21:05

Examiner:_____



UHID	ALNILE-5270	Patient Name	Mr Shakim Khan
Age	54 Y, 11 M, 12 D	Gender	Male
Order Date	13-01-2026 08:12 AM	Ordering Doctor	Dr Ali Mohammad Ghassah
Order Id	ODN-4736	Bill Date Time	13-01-2026 08:12 AM
Policy_No	76338568	Civil ID	76338568

Department Of Radiology

CHEST X-RAY

CHEST X-RAY (PA&LATERAL VIEWS)

- Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.
- Prominent aortic knuckle with widening of mediastinum, dilated unfolded aorta, for clinical correlation, and further assessment.
- Normal appearance of both broncho-vascular shadows.
- Maintained cardio-thoracic ratio.
- No obvious hilar or mediastinal mass lesion.
- Costo-phrenic & cardio-phrenic pleural angles are free.
- Mild elevation of anteromedial portion of right hemi-diaphragm, confirmed on lateral film, to be diaphragmatic eventration. Otherwise, bony framework & soft tissue shadows are within normal limits.

Impression :

Prominent aortic knuckle with widening of mediastinum, dilated unfolded aorta, for clinical correlation, and further assessment.

Dr NESREEN MESBAH ELSAYED
Specialist Physician
Radiology
MBBS
PRV-26650

-----End of the Report-----

(***** Electronically Generated Report *****)





2026770

AID: ALNLS-3270
Name: Mr. Shaim Khan
Age/Gender: 54 Y, 11 M, 12 D Male
collectedDateTime: 13-01-2026 08:35 AM

Estimated 10-year Global CVD Risk

11.2%

Risk Category

Moderate Risk

Estimated Vascular Age

57 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <130 mg/dL (<3.37 mmol/L)

Non-HDL <160 mg/dL (<4.14 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >3.5 mmol/L (>135 mg/dL)

TChol/HDL-C >5 mmol/L (>193 mg/dL)

hsCRP >2 mg/L in men >50 years and
women >60 years

FHx and moderate risk hsCRP

Treatment Targets

LDL <2 mmol/L (<77 mg/dL) or ≥50 %
decrease in LDL-C

apoB <0.8 g/L (80 mg/dL)

ESC (2007, see Info for more)

Treatment Targets

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

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

Handwritten signature and stamp





UHID	ALNILE-5270	Patient Name	Mr Shakim Khan
Age/Gender	54 Y,11 M,12 D/Male	Payer Name	TRUCK OMAN
Mob	96594914	Report Status	Final
Accession Number	2026770	Order Date	13-01-2026
Treating Doctor	Dr Ali Mohammad Ghassab		

BIOCHEMISTRY

Service Name	Result	Unit	Reference Range	Method
BLOOD SUGAR FASTING, Serum	4.86	mmol/L	<5.1	
SGOT, Serum	19.9	U/L	<40	
SGPT, Serum	17.1	U/L	<41	
URIC ACID, Serum	5.29	mg/dL	3.4-7.0	
LIPID PANEL, Blood				
LDL CHOLESTEROL	125	mg/dL	<150	
HDL CHOLESTEROL	52.3	mg/dL	40-60	
CHOLESTEROL	186	mg/dL	<200	
TRIGLYCERIDE	41.5	mg/dL	40-160	
CREATININE, Serum	0.894	mg/dL	0.7-1.4	
Gamma-Glutamyltransferase (GGT), Serum	19.0	U/L	5-36	

CLINICAL PATHOLOGY

Service Name	Result	Unit	Reference Range	Method
URINE ANALYSIS, Urine				
Physical				
Colour	yellowish			
Transparency	clear			
Chemical				
Specific Gravity	1.010			
PH	Alkaline			
Glucose	NIL			
Acetone	NIL			
Bilirubin	NIL			
Blood	NIL			
Urobilinogen	NIL			
Protein	NIL			
Nitrate	NIL			
Microscopic				
Leukocytes	NIL			
Pus Cells	1-2/hpf			
Erythrocytes	1-2	/ hpf	0-2	
Squamous Epithelial Cell	few /hpf			
Crystal	NIL			
Cast	NIL			
Bacteria	NIL			
Others	NIL			
STOOL ANALYSIS, Stool				
Physical				
Colour	Brownish			
Consistency	loose			
Microscopic				
Pus Cells	1-2/hpf			
RBC Cells	1-2/hpf			
E-HISTOLYTICA	NIL			



UHID	ALNILE-5270	Patient Name	Mr Shakim Khan	
Age/Gender	54 Y,11 M,12 D/Male	Payer Name	TRUCK OMAN	
Mob	96594914	Report Status	Final	
Accession Number	2026770	Order Date	13-01-2026	
Treating Doctor	Dr Ali Mohammed Ghassah			
Service Name				
E-COLI	Result	Unit	Reference Range	Method
Giardia Lamblia	NIL			
Taenia Saginata	NIL			
Taenia Solium	NIL			
Schistosoma Haematobium	NIL			
Ascaris Lumbricoides	NIL			
Trichuris Trichiura	NIL			
Ancylostoma Duodenale	NIL			
Others	NIL			

HAEMATOLOGY

Service Name	Result	Unit	Reference Range	Method
Complete blood count (CBC), EDTA Blood				
Haemoglobin	14.2	gm/dl	13-18	
TOTAL LEUCOCYTES COUNT	7000	cell/cumm	4000-11000	
DIFFERENTIAL COUNT				
Neutrophil	64.5	%	45-70	
Lymphocytes	26.5	%	15-45	
Eosinophils	1.6	%	1-6	
Monocyte	6.0	%	2-8	
Basophils	1.3 H	%	0-1	
PACKED CELL VOLUME (HCT)	44.1	%	37-54	
RBC COUNT	4.7	millions/cumm	4.5-5.5	
MCV	93.9	fl	82.9-98.0	
MCH	30.3	pg	27.0-32.3	
MCHC	32.2	g/dL	31.8-34.7	
PLATELET COUNT	238000	cells/cumm	150000-450000	
RDW-CV	13.7	%	11-16	
RDW-SD	46.9	fl	35-56	
ESR, Blood	4.8	mm/hr	0-15	
BLOOD GROUPING & RH TYPING, EDTA Blood				
Blood Group	A			
Rh Typing	Positive (+)			

Sabari
Lab Technician
BSC
26033



Al Nile Medical Complex

Al Nama Al Mutamiza LLC, CR:1128642, P.O. Box 300, Nizwa P.C. 611, Sultanate of Oman

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