

## Medical Fitness Certificate

Name of the Examined employee: MALKIAT SINGH JAGAT

Age: 50

ID NUMBER:

Job Title:

Date of Medical Examination: 19.08.2021

Examining Physician:

Medical Centre: APOLLO HOSPITAL MUSCAT

Company:

### Assessment Result:

### Fit to work without restrictions

*This Certificate is valid for 2 years from the date of medical examination*

Fitness Classifications:

- Fit to work without restrictions
- Fit to work with restriction
- Unfit to work Temporarily or Definitely

### 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 geomarkethealth 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 Geomarket 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.

Examining Physician Stamp and signature

Hospital/Clinic Seal



## CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name:	Mallikar Singh Jagat		
		GIN #	6333		
Place of examination	Date	Mobile #	9573717		
Age: 50	Nationality: INDIAN	Blood Group	OAB pos		
<input checked="" type="checkbox"/> Male <input type="checkbox"/> Female	<input checked="" type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Separated / Divorced	Number of children:	2		
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)					
	Y	N		Y	N
1. Sinus trouble		<input checked="" type="checkbox"/>	21. Cancer	<input checked="" type="checkbox"/>	
2. Neck swelling/glands		<input checked="" type="checkbox"/>	22. Heart Disease	<input checked="" type="checkbox"/>	
3. Difficulty in vision		<input checked="" type="checkbox"/>	23. Rheumatic fever	<input checked="" type="checkbox"/>	
4. Any ear discharge		<input checked="" type="checkbox"/>	24. Abnormal heartbeat	<input checked="" type="checkbox"/>	
5. Asthma/bronchitis		<input checked="" type="checkbox"/>	25. High blood pressure	<input checked="" type="checkbox"/>	
6. Hayfever /other significant allergy		<input checked="" type="checkbox"/>	26. Stroke	<input checked="" type="checkbox"/>	
7. Any skin trouble		<input checked="" type="checkbox"/>	27. Serious chest pain	<input checked="" type="checkbox"/>	
8. Tuberculosis		<input checked="" type="checkbox"/>	28. Any blood disease	<input checked="" type="checkbox"/>	
9. Shortness of breath		<input checked="" type="checkbox"/>	29. Kidney disease	<input checked="" type="checkbox"/>	
10. Coughed/vomited blood		<input checked="" type="checkbox"/>	30. Blood in urine	<input checked="" type="checkbox"/>	
11. Severe abdominal pain		<input checked="" type="checkbox"/>	31. Diabetes	<input checked="" type="checkbox"/>	
12. Stomach ulcer		<input checked="" type="checkbox"/>	32. Headaches/migraine	<input checked="" type="checkbox"/>	
13. Recurrent indigestion		<input checked="" type="checkbox"/>	33. Dizziness/fainting	<input checked="" type="checkbox"/>	
14. Jaundice or hepatitis		<input checked="" type="checkbox"/>	34. Epilepsy	<input checked="" type="checkbox"/>	
15. Gall Bladder disease		<input checked="" type="checkbox"/>	35. Joints/spinal trouble	<input checked="" type="checkbox"/>	
16. Marked change in bowel habits		<input checked="" type="checkbox"/>	36. Surgical operation	<input checked="" type="checkbox"/>	
17. Blood in stools (motions)		<input checked="" type="checkbox"/>	37. Serious accident/fracture	<input checked="" type="checkbox"/>	
18. Marked change in weight		<input checked="" type="checkbox"/>	38. Tropical disease	<input checked="" type="checkbox"/>	
19. Varicose veins		<input checked="" type="checkbox"/>	39. Fear of heights	<input checked="" type="checkbox"/>	
20. Lump in breast/armpit		<input checked="" type="checkbox"/>			
How much tobacco each day?		Nil		Average daily alcohol consumption	
Have you ever taken elicited drugs?		No		Nil	
FAMILY HISTORY: Diabetes <input checked="" type="checkbox"/> Tuberculosis <input checked="" type="checkbox"/> Epilepsy <input checked="" type="checkbox"/> Asthma <input checked="" type="checkbox"/> Eczema <input checked="" type="checkbox"/> Heart disease <input checked="" type="checkbox"/> High blood pressure <input checked="" type="checkbox"/> Stroke <input checked="" type="checkbox"/> Blood Disease <input checked="" type="checkbox"/> Cancer <input checked="" type="checkbox"/>					
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's Doctors, and the details sent to them by the examining Doctor.					
Date: 19/8/2021					
Signature of Applicant: Mallikar Singh					