

Medical Fitness Certificate

Name of the Examined employee: SUMESH PUTHIYOTTIL

Age: 35

ID NUMBER:

Job Title:

Date of Medical Examination: 23.11.2021

Examining Physician:

Medical Centre: APOLLO HOSPITAL MUSCAT

Company:

Assessment Result:

Fit to work without restrictions

This Certificate is valid for 3 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

Dr. DILIP SINGHVI
MBBS, MD(Med.), MRCP (UK)
Specialist - Internal Medicine
MOH Licence No. 9115
Apollo Hospital Muscat



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name: <u>SUMESH PUTHI VOTIL</u>	
		GIN #	
Place of examination <u>AHM</u>		Date <u>23-11-2021</u>	
Age: <u>35</u>		Nationality: <u>INDIAN</u>	
☒ Male ☐ Female		☐ Married ☒ Single ☐ Separated / Divorced	
		Blood Group	
		Mobile # <u>94025844</u>	
		Number of children:	
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)			
	Y	N	
1. Sinus trouble			21. Cancer
2. Neck swelling/glands			22. Heart Disease
3. Difficulty in vision			23. Rheumatic fever
4. Any ear discharge			24. Abnormal heartbeat
5. Asthma/bronchitis			25. High blood pressure
6. Hay fever /other significant allergy			26. Stroke
7. Any skin trouble			27. Serious chest pain
8. Tuberculosis			28. Any blood disease
9. Shortness of breath			29. Kidney disease
10. Coughed/vomited blood			30. Blood in urine
11. Severe abdominal pain			31. Diabetes
12. Stomach ulcer			32. Headaches/migraine
13. Recurrent indigestion			33. Dizziness/fainting
14. Jaundice or hepatitis			34. Epilepsy
15. Gall Bladder disease			35. Joints/spinal trouble
16. Marked change in bowel habits			36. Surgical operation
17. Blood in stools (motions)			37. Serious accident/fracture
18. Marked change in weight			38. Tropical disease
19. Varicose veins			39. Fear of heights
20. Lump in breast/armpit			
How much tobacco each day?		Average daily alcohol consumption	
<u>No</u>		<u>0 GLOWN</u>	
Have you ever taken illicit 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's Doctors, and the details sent to them by the examining Doctor.			
Date: <u>23-11-2021</u>			
Signature of Applicant:			

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	N
Speech:		Whisper test:	
Near Vision Right eye:	N / 6	Near Vision Left eye:	N / 6
Distant Vision Left eye:	6 / 6	Distant Vision Right eye:	6 / 6
Height: 176 cm	Weight: 92.6 kg	BMI: 29.9	BP: 130 / 90 mmHg Pulse: 71 b/min
Body System/Organ	N	A	Abnormality if any
Eyes and pupils	/		
Ear/nose/throat	/		
Teeth and mouth	/		
Lungs and chest	/		
Cardiovascular	/		
Abdomen	/		
Hernial orifices	/		
Anus and rectum	/		
Genitourinary	/		
Extremities	/		
Musculoskeletal	/		
Skin/varicose veins	/		
Neurological	/		
Mental fitness	/		
Breast			

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: <u>Suman Puthiyathil</u>	Age: <u>35</u>	Sex: <u>M</u>	Company:	GIN:
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Past Medical History:	Blood Group:
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Allergies:			
Vaccination	Date of Initial Injection	Booster Due Date	
Hepatitis A:			
Hepatitis B:			
Typhoid Fever			
Influenza			

Tests Results	
Audiogram:	<u>Normal</u>
DSU 5 Panel	<u>Negative</u>

ECG:	<u>WNL</u>
Chest X-Ray	<u>WNL</u>

Blood Investigations:					
RBCs	<u>5.41</u>	4.20-6.30 x10 ⁶ /uL	SGOT	<u>39.50</u>	Male 10-50 Female 10-35 U/L
WBCs	<u>5.71</u>	4.0-11.0x10 ³ /uL	SGPT	<u>122.40</u>	Male Up to 41 Female 10-35 U/L
NEUTRO	<u>62.20</u>	37-72%	GGT	<u>57.70</u>	0-50 U/L
EOSINO	<u>1.10</u>	0-6%	FBS:	<u>96.60</u>	60-110 mg/dl
BASO	<u>0.90</u>	0-1%	CHOLESTEROL:	<u>263.00</u>	Up to 200 mg/dl
LYMPHO	<u>25.60</u>	10-38%	HDL	<u>54.00</u>	20-60 mg/dl
MONO	<u>10.20</u>	0-14%	LDL	<u>184</u>	Upto 130 mg/dl
HEMATOCRIT	<u>48.50</u>	37-51%	TRIGLYCERIDES	<u>128</u>	35-175 mg/dl
HEMOGLOBIN	<u>16.50</u>	Male: 13.5-18.0 Female: 11.6-16.0 g/dl	CREATININE	<u>0.90</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	<u>05</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID	<u>Sixx-Negative</u>	Male: 3.6-7.7 mg/dl Female: 2.5-6.8 mg/dl

Urine Analysis			
Blood	<u>Negative</u>	Sugar	<u>Negative</u>
Albumin	<u>Negative</u>	Others	<u>Normal</u>

Stool Analysis	
Parasites	<u>NL</u>
Blood:	<u>NL</u>

Comments	<u>Hypolipidemia - Started on treatment Advised diet & exercise</u>
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Examining Physician:

Dr. DILIP SINGHVI
MBBS, MD (Med.), FRCP (UK)
Specialist - Internal Medicine
MDH Licence No. 9115
Apollo Hospital Muscat

Schlumberger-Private



358700
35 Years

sumesh puthiyotttil
Male

23-Nov-21 12:11:31 PM

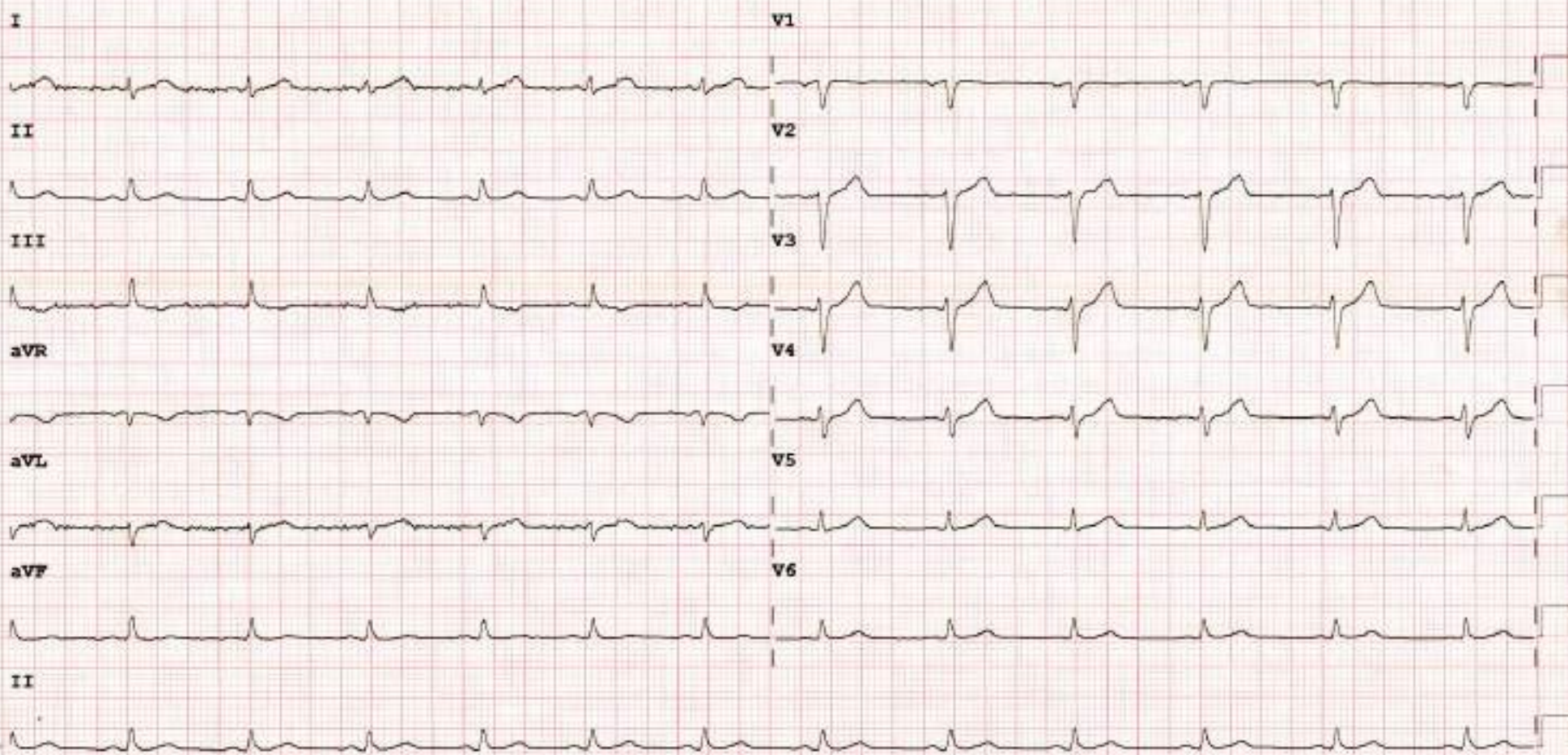
Rate 76

PR 147
QRSD 93
QT 363
QTc 409

--AXIS--

P 58
QRS 82
T 17

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 5 mm/mV Chest: 5.0 mm/mV

F 50~ 0.15~ 40 Hz

100B

CL

P?

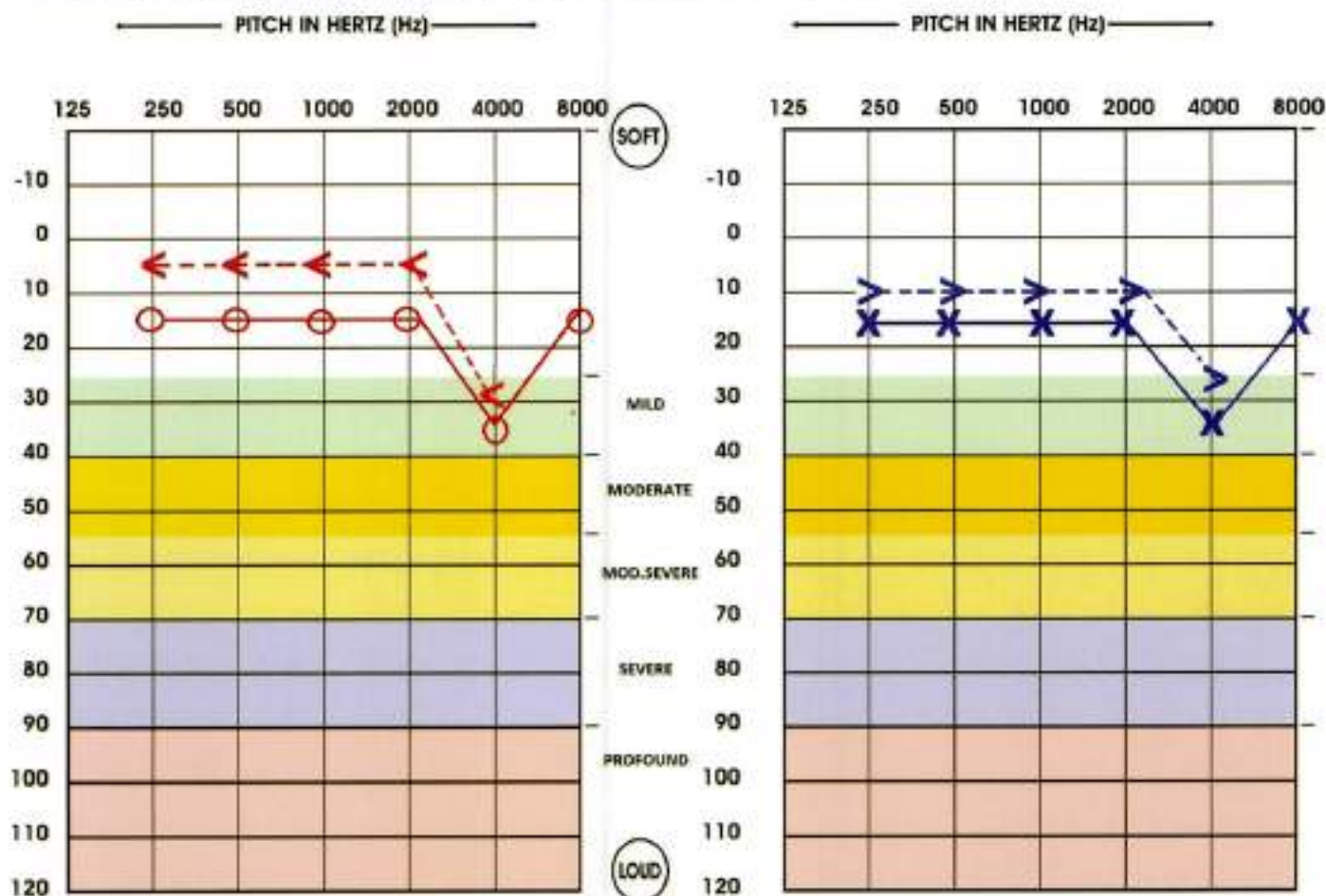
AUDIOGRAM EXAMINATION SHEET

FILE NO : 358700 BILL NO : DATE : 23/11/21

NAME : SUNDOSH PUTHIYOTTIL AGE / SEX : 35/M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER					

						SPECIAL TESTS			
dBHL	PTA	SRT	SIS(%)	MCL	UCL	SISI	TDT	MLB/BLB	OAE
RIGHT	15								
LEFT	15								

INTERPRETATION :

HEARING SENSITIVITY WITHIN NORMAL LIMITS WITH A DIP AT 4KHz (NIHL)

RECOMMENDATION :

USE EAR PROTECTIVE DEVICES(EAR PLUGS)



SIKKU SOMAN
AUDIOLOGIST

DEPARTMENT OF LABORATORY SERVICES

File No: 0358700
Name: SUMESH PUTHIYOTTIL
Address:
Gender: M **Age:** 35 Y **Nationality:** INDIAN
GSM No.: 94025844 **ID Card No.:** 101936395
Doctor: DR. DIPALI JESRANI

Report No: 0487946
Sample Date: 23/11/2021 **Time:** 11:44
Received Date: 23/11/2021 **Time:** 11:44
Report Date: 23/11/2021 **Time:** 12:21
Bill No: 1029991 **Bill Date:** 23/11/2021
Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	96.60 mg/dL	ADA Guidelines Normal <100 mg/dl Pre Diabetes 100-125 mg/dl Diabetes >126 mg/dl
ESR	05 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.90 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cells (Screen)	Negative	
CBC		
WBC COUNT	5.71 $10^3/\mu\text{L}$	4.0-11.0 $\times 10^3/\text{mm}^3$
RBC	5.41 $10^6/\mu\text{L}$	4.20 - 6.30 $10^6/\mu\text{L}$
HGB	16.50 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	48.50 %	37.0 - 51.0 %
MCV	89.60 fL	80.0 - 97.0 fL
MCH	30.50 pg	26.0 - 32.0 pg
MCHC	34.00 g/dL	31.0 - 36.0 g/dL
RDW	11.90 %	11.0 - 14.5 %
NEUT#	3.56 $10^3/\mu\text{L}$	1.50 - 7.00 $10^3/\mu\text{L}$
LYMPH#	1.46 $10^3/\mu\text{L}$	0.60 - 4.10 $10^3/\mu\text{L}$
MONO#	0.58 $10^3/\mu\text{L}$	0.00 - 0.70 $10^3/\mu\text{L}$
EOS#	0.06 $10^3/\mu\text{L}$	0.00 - 0.40 $10^3/\mu\text{L}$
BASO#	0.05 $10^3/\mu\text{L}$	0.00 - 0.10 $10^3/\mu\text{L}$

Reported By:

Verified By:

ANANDH

Lab Technologist

MOH License No: 19245

Printed at: 23/11/2021 12:52:35 PM

Dr. Mohammed Atif Syed
Specialist Pathologist

DEPARTMENT OF LABORATORY SERVICES

File No: 0358700
Name: SUMESH PUTHIYOTTIL

Address:
Gender: M **Age:** 35 Y **Nationality:** INDIAN
GSM No.: 94025844 **ID Card No.:** 101936395
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Company: TRUCK OMAN LLC

INVESTIGATION	RESULT	REFERENCE RANGE
NEUT%	62.20 %	37.0 - 72.0 %
LYMPH%	25.60 %	10.0 - 58.5 %
MONO%	10.20 %	0.0 - 14.0 %
EOS%	1.10 %	0.0 - 6.0 %
BASO%	0.90 %	0.0 - 1.0 %
PLATELET	231.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	0.71 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.12 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.59 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	39.50 U/L	Men : 10 - 50 U/L Female : 10 - 35 U/L
ALT (SGPT)	122.40 U/L	Men : Up to 41 U/L Female : 10 - 35 U/L
ALP	70.70 U/L	Men : 40 - 129 U/L Female : 35 - 104 U/L
Total Protein	7.00 g/dL	6.6 - 8.7 g/dL
Albumin	4.60 g/dL	3.4 - 4.8 g/dL
Globulin	2.4 g/dL	1.8 - 3.6 g/dL
GGT	57.70 U/L	0 - 50 U/L
A:G Ratio	1.916666	1.1-1.8
LIPID PROFILE		
Total Cholesterol	263.00 mg/dL	< 200 mg/dL
Triglyceride	128.00 mg/dL	<150 mg/dl

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INVESTIGATION	RESULT	REFERENCE RANGE
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HDL - CHOL	54.00 mg/dl	>45 mg/dl
LDL - CHOL	184 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4	Desirable < 4

URINE DRUG SCREEN

Amphetamine (AMP)	Negative	Negative
Barbiturates (BAR)	Negative	Negative
Cocaine (COC)	Negative	Negative
Morphine (MOR)	Negative	Negative
Marijuana (THC)	Negative	Negative

URINE ROUTINE ANALYSIS

PHYSICAL

Quantity	30 ml
Colour	Pale yellow
Sp. Gravity	1.010
pH	Alkaline
Appearance	Clear

CHEMICAL

Glucose	Negative
Protein	Negative
Ketones	Negative
Blood	Negative
Bilirubin	Negative
Urobilinogen	Normal
Nitrite	Negative

Reported By:

Verified By:

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DEPARTMENT OF LABORATORY SERVICES

File No: 0358700	Report No: 0487946
Name: SUMESH PUTHIYOTTIL	Sample Date: 23/11/2021 Time: 11:44
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Address:	Report Date: 23/11/2021 Time: 12:21
Gender: M Age: 35 Y Nationality: INDIAN	Bill No: 1029991 Bill Date: 23/11/2021
GSM No.: 94025844 ID Card No.: 101936395	Company: TRUCK OMAN LLC
Doctor: DR. DIPALI JESRANI	

INVESTIGATION	RESULT	REFERENCE RANGE
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MICROSCOPIC

Pus Cell	1-2 Cells/hpf
RBC	NIL
Epithelial Cells	Few cells/hpf
Casts	NIL
Crystals	NIL
Others	NIL

STOOL ROUTINE ANALYSIS

PHYSICAL

Colour	Brownish
Consistency	Soft
Reaction	Alkaline

MICROSCOPIC

Ova:	NIL
Cyst:	NIL
Pus Cells:	0-1 Cells/hpf
RBCs	Nil Cells/hpf
Others	Nil

Reported By:



ANANDH

Lab Technologist

MOH License No: 16245

Printed at: 23/11/2021 12:52:35 PM

Verified By:



Dr. Mohammed Atif Syed
Specialist Pathologist

NAME	: SUMESH PUTHIYOTTIL	AGE	: 35 Y (11/03/1986)
GENDER	: Male	PATIENT ID	: 358700
COMPANY	: TRUCK OMAN LLC (Credit)	DATE	: 24/11/2021 08:29 AM
CONSULTANT	: DR. DIPALI JESRANI	BILL NO	: 1029991
BILL DATE	: 23/11/2021		
TEST NAME	: CHEST PA		

X-RAY CHEST PA VIEW

Bilateral lung fields are clear. No mass lesion or opacification.

Trachea is mid line.

Bilateral hilar shadows are symmetrical and normal in size .

Cardiac silhouette is normal. No signs suggestive of cardiac enlargement .

Bony thoracic cage appears normal.

No Soft tissue mass or calcification can be seen.

Bilateral costophrenic angles are clear.

IMPRESSION:

Normal radiograph of the chest.

Please correlate clinically & other investigation.

Please note: This is a imaging study and has its own limitations. This is a opinion based on image interpretation and it is not a diagnose on itself. Impression should be considered as professional opinion & correlated with clinical evidence. reconfirmed by further investigations and relevant data as indicated. If possible the findings should be reconfirmed on higher resolution imaging, special sections and sequences and with other modalities.

DR. WASSAN A KHUDHAIR AL SAEDI

Dr. WASSAN ABUL REHMAN
SPECIALIST - RADIOLOGIST
MOH Licence No.: 14883
Apollo Hospital Muscat