

Medical Fitness Certificate

Name of the Examined employee: SUMESH PUTHIYOTTIL

Age: 38

ID NUMBER:

Job Title:

Date of Medical Examination: 24.07.2024

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. RAMESH SOLANKI
MEDICAL OFFICER
Licence No.: 14330
APOLLO HOSPITAL MUSCAT

Hospital/Clinic Seal



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EMPLOYEE

Med-check History Form		Name:	Sumesh puthiyattil		
		GIN #			
Place of examination	Date	Mobile #			
AHM (Apollo)	24/7/2024	79065151			
Age: 33	Nationality: Indian	Blood Group			
☒ Male ☐ Female	☐ Married ☒ Single ☐ Separated / Divorced	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		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. Hayfever /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			
Have you ever taken elicited 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: 24-01-2024.					
Signature of Applicant: 					

PHYSICAL EXAMINATION IF ABNORMAL, PLEASE DETAIL

Visual Fields:		Color Vision:	(2)
Speech:		Whisper test:	
Near Vision Right eye:	6/6	Near Vision Left eye:	6/6
Distant Vision Left eye:	2/6	Distant Vision Right eye:	2/6
Height: 170 cm	Weight: 87 kg	BMI: 30.1	BP: 140/80 mmHg Pulse: 64/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	✓		
Genito-urinary	✓		
Extremities	✓		
Musculoskeletal	✓		
Skin/varicose veins	✓		
Neurological	✓		
Mental fitness	✓		
Breast			

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

Name: <u>Sumesh Puthiyottil</u>	Age: <u>38</u>	Sex: <u>M</u>	Company	GIN
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Past Medical History: <u>Nil</u>	Blood Group
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Allergies: <u>Nil</u>

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>5.42</u>	4.20-6.30 X10 ⁶ /UL	SGOT	<u>24.68</u>	Male: 10-50 Female: 10-35 U/L
WBCs	<u>4.09</u>	4.0-11.0X10 ³ /UL	SGPT	<u>28.02</u>	Male: Up to 41 Female: 10-35 U/L
NEUTRO	<u>45.20</u>	37-72%	GGT	<u>28.06</u>	0-50 U/L
EOSINO	<u>6.10</u>	0-6%	FBS:	<u>95.73</u>	60-110 mg/dl
BASO	<u>1.70</u>	0-1%	CHOLESTEROL:	<u>208.18</u>	Up to 200 mg/dl
LYMPHO	<u>38.40</u>	10-50%	HDL	<u>45.59</u>	20-60 mg/dl
MONO	<u>8.60</u>	0-14%	LDL	<u>135.61</u>	Upto 130 mg/dl
HEMATOCRIT	<u>46.60</u>	37-51%	TRIGLYCERIDES	<u>134.89</u>	30-175 mg/dl
HEMOGLOBIN	<u>16.40</u>	Male: 13.5-18.0 Female: 11.5-16.0 g/dl	CREATININE	<u>0.89</u>	Male: 0.7-1.2 mg/dl Female: 0.5-0.9 mg/dl
ESR	<u>04</u>	Male: 0-10 mm/hr Female: 0-20 mm/hr	URIC ACID	<u>Sticks - Neg</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>Nil</u>	Blood:	<u>Nil</u>

Comments	<u>HLP - Adv. lifestyle modification & repeat FLP after 3 months.</u>
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Examining Physician:

Hospital/Clinic Seal

Dr. REHMAN MANSOOR SOLANKI
MEDICAL OFFICER
MOH Licence No.: 14330
APOLLO HOSPITAL MUSCAT

Schlumberger-Private



DEPARTMENT OF LABORATORY SERVICES

File No: 0358700	Report No: 0608507
Name: SUMESH PUTHIYOTTIL	Sample Date: 24/07/2024 Time: 8:23
Address:	Received Date: 24/07/2024 Time: 8:24
Gender: M Age: 38 Y Nationality: INDIAN	Report Date: 24/07/2024 Time: 09:20
GSM No.: 79065151 ID Card No.: 101936395	Bill No: 1239868 Bill Date: 24/07/2024
Doctor: DR FAROOQ	Company: TRUCK OMAN EQUIPMENT RENTAL LLC

INVESTIGATION	RESULT	REFERENCE RANGE
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TRUCK OMAN PRE-EMPLOYMENT CHECK UP

Fasting Blood Glucose	95.73 mg/dL	Normal: <100 mg/dl Prediabetes: 100-125 mg/dl Diabetes: 126 mg/dl or higher
ESR	04 mm/hr	Male : 0-10 mm/hour Female: 0-20 mm/hour
S.Creatinine	0.89 mg/dL	Male : 0.7 - 1.2 mg/dl Female : 0.5 - 0.9 mg/dl
Sickle cell Screen test	Negative	
CBC		
WBC COUNT	4.09 10 ³ /uL	4.0-11.0x10 ³ /mm ³
RBC	5.42 10 ⁶ /uL	4.20 - 6.30 10 ⁶ /uL
HGB	16.40 g/dl	male 13.5 -18.0 g/dl female 11.5 -16.0 g/dl
HCT	46.60 %	37.0 - 51.0 %
MCV	86.00 fL	80.0 - 97.0 fL
MCH	30.30 pg	26.0 - 32.0 pg
MCHC	35.20 g/dL	31.0 - 36.0 g/dL
RDW	11.90 %	11.0 - 14.5 %
NEUT#	1.85 10 ³ /uL	1.50 - 7.00 10 ³ /uL
LYMPH#	1.57 10 ³ /uL	0.60 - 4.10 10 ³ /uL
MONO#	0.35 10 ³ /uL	0.00 - 0.70 10 ³ /uL
EOS#	0.25 10 ³ /uL	0.00 - 0.40 10 ³ /uL
BASO#	0.07 10 ³ /uL	0.00 - 0.10 10 ³ /uL
NEUT%	45.20 %	37.0 - 72.0 %

Reported By:

Bjth

BAREERA

Lab Technologist

MOH LICENSE NO : 23975

Printed at: 24/07/2024 10:42:02 AM

Verified By:

Dr. Mohammed Atif Syed

Dr. Mohammed Atif Syed
Specialist Pathologist

MOH License No: 20491

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INVESTIGATION	RESULT	REFERENCE RANGE
LYMPH%	38.40 %	10.0 - 58.5 %
MONO%	8.60 %	0.0 - 14.0 %
EOS%	6.10 %	0.0 - 6.0 %
BASO%	1.70 %	0.0 - 1.0 %
PLATELET	243.00 $10^3/uL$	140 - 440 $10^3/uL$
LFT		
Total Bilirubin	1.00 mg/dL	Up to 1.1 mg/dL
Direct Bilirubin	0.16 mg/dL	Up to 0.3 mg/dL
Indirect Bilirubin	0.84 mg/dL	0.2 - 0.8 mg/dL
AST (SGOT)	24.68 U/L	Men : 10 - 50 U/L
		Female : 10 - 35 U/L
ALT (SGPT)	28.02 U/L	Men : Up to 41 U/L
		Female : 10 - 35 U/L
ALP	48.45 U/L	Men : 40 - 129 U/L
		Female : 35 - 104 U/L
Total Protein	7.07 g/dL	6.6 - 8.7 g/dL
Albumin	4.40 g/dL	3.4 - 4.8 g/dL
Globulin	2.67 g/dL	1.8 - 3.6 g/dL
GGT	28.06 U/L	0 - 50 U/L
A:G Ratio	1.64794	1.1-1.8
LIPID PROFILE		
Total Cholesterol	208.18 mg/dL	< 200 mg/dL
Triglyceride	134.89 mg/dL	<150 mg/dl
HDL Cholesterol	45.59 mg/dl	>45 mg/dl

Reported By:

Bareera Fathima

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FATHIMA

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INVESTIGATION	RESULT	REFERENCE RANGE
LDL Cholesterol	135.61 mg/dl	<100 mg/dl
Total Chol/HDL Chol ratio	4.57	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	20 mL ml	NA
Colour	Yellow	Pale yellow
Sp. Gravity	1.005	1.003-1.035
pH	8	5-9
Appearance	Clear	Clear
Chemical		
Glucose	Negative	Negative
Protein	Negative	Negative
Ketones	Negative	Negative
Blood / haemoglobin	Negative	Negative
Bilirubin	Negative	Negative
Urobilinogen	Normal	Normal
Nitrite	Negative	Negative

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INVESTIGATION	RESULT	REFERENCE RANGE
Leucocytes	Negative	Negative
Microscopic Examination		
Pus Cells	2 - 3 Cells/hpf	0-5 cells/hpf
RBC	0 Cells/hpf	0-2 cells/hpf
Epithelial Cells	0 - 1 Cells/hpf	1-2 cells/hpf
Casts	Absent	Absent
Crystals	Absent	Absent
Others	Absent	Absent
STOOL ROUTINE ANALYSIS		
PHYSICAL		
Colour	Yellowish Brown	Yellowish Brown
Consistency	Semi solid	Well Formed
Reaction	Alkaline	Acidic
Adult Worms	Absent	Absent
MICROSCOPIC		
Ova:	Absent	Absent
Cyst:	Absent	Absent
Pus Cells:	0 - 1 Cells/hpf	Few
RBCs	NIL Cells/hpf	Absent
Epithelial cells	NIL Cells/hpf	Few
Trophozoites	Absent	Absent
Larvae	Absent	Absent
Eggs	Absent	Absent

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Doctor: DR FAROOQ	

INVESTIGATION	RESULT	REFERENCE RANGE
Worms	Absent	Absent
Fat globules	Absent	Absent
Vegetable cells	Present	Present

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id:

Unknown — (-) Unknown

Height: 0 cm Weight: 0 kg BP: 0/0 mmHg

Med:

Tech:

Note:

24/07/2024 09:13:20

HR: 63 bpm

PR: 144 ms

QRS: 98 ms

QT/QTc: 380/385 ms

QTcB: 389 ms

QTcF: 386 ms

R-R-SLT: 0.55/-/- mV

SaR-Lyon: 0.55 mV

Axis: 51/70/15 °

Sumesh Rathnayathi
358700, 38Y/M



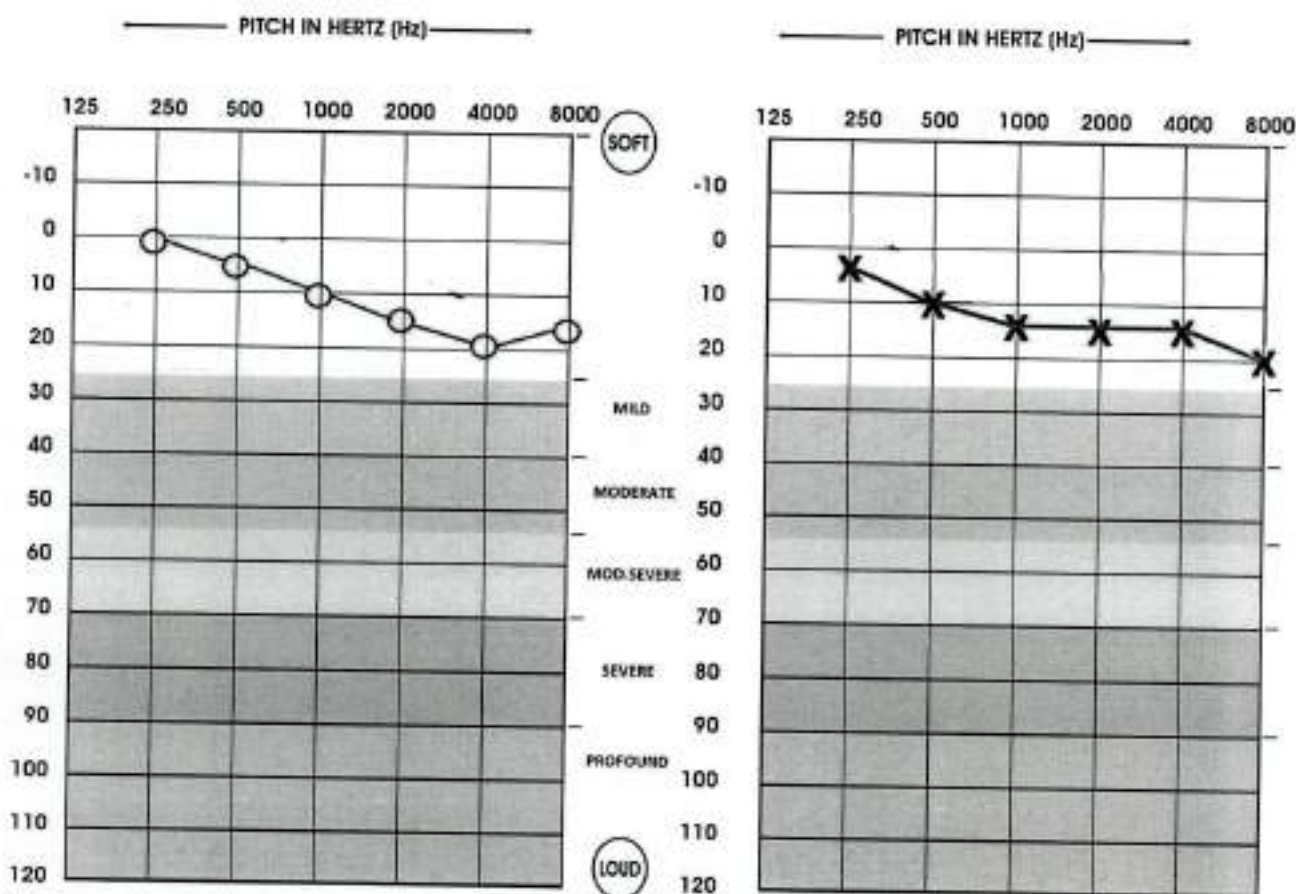
AUDIOGRAM EXAMINATION SHEET

UHID : 258700 BILL NO : DATE : 24-07-24

NAME : SUMESH PUTHIYOTTIL AGE / SEX : 28Y/M

COMPANY : TRUCK OMAN DOB :

CONSULTANT (REF) :



WEBER	RIGHT				
	LEFT				

dBHL	PTA	SRT	SIS(%)	MCL	UCL	SPECIAL TESTS			
						SISI	TDI	MLB/BLB	OAE
RIGHT	<u>10</u>								
LEFT	<u>12, 3</u>								

INTERPRETATION :

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

RECOMMENDATION :

NAFLA K.V.
AUDIOLOGIST
MOH Licence No.: 22832
Apollo Hospital Muscat

RADIOLOGY

Sl No: 32433	Date: 24/07/2024
Patient Name: SUMESH PUTHIYOTTIL	Reg No: 358700
Age: 38 Y	Gender: Male
Nationality: INDIAN	Phone:
Address:	
Company: TRUCK OMAN EQUIPMENT RENTAL LLC	Policy No:
Certificate No:	Consultant Name: DR FAROOQ
Region: CHEST PA	

RADIOGRAPH CHEST PA VIEW

OBSERVATION : Allowing for the rotation and mid inspiratory film

Trachea appears to be in mid-line.

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

Bilateral costophrenic and cardiophrenic angles appear normal.

Bilateral hila appear symmetrical and normal in size.

Cardiac silhouette appears within normal limits.

Bony thoracic appears normal.

No Soft tissue mass or calcification can be seen

IMPRESSION:

Unremarkable chest radiograph

Please correlate clinically & other investigation

DR NARESH KUMAR
MBBS, MD Radiology
RADIOLOGIST

