



PEACELAND MEDICAL CENTER

BUJA SINGH
PIC - 21928 Age 60Y Male B.No: 75161



SpecID : 99270 SERUM 19/07/2025 09:29

MEDICAL EXAMINATION REPORT (CONFIDENTIAL) Appendix 32 EX1 Form (Initial Examination Report)

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Place of examination MUSCAT	Date: 19/7/2025	Surname	Forenames BUJA SINGH	Address 68025889	Company Name: TO
If a dependant enters employee's name here: Surname		Home telephone number 96381657			
Birth date 13/5/1967	Nationality: INDIAN	Forenames		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 ☒ Pre-Employment	Job: CRANE OPERATOR
PDO medical ☐ Pre-Overseas	Area

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

DO YOU HAVE OR HAVE YOU HAD? (Tick "Yes" or "No" column or put a 1/2 if uncertain exclude minor ailments?)		HAVE YOU EVER BEEN? -	
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. Painful passage of urine	☒
12. Stomach ulcer	☒	32. Diabetes	☒
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/armpit	☒	40. Fear of heights	☒
		41. Rejected for employment or insurance for medical reasons	
		42. Awarded benefits for industrial injury/illness	
		43. Treated for a mental condition, e.g. depression	
		44. Treated for problem drinking or drug abuse	
		45. Exposed to toxic substance or noise	
FOR WOMEN ONLY			
Have you ever had:			
		46. An abnormal smear	
		47. Any gynaecological treatment	
		48. Are you pregnant?	
		49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE	

How much tobacco each day? NO	Average daily alcohol consumption NO
Have you ever taken illicit drugs? 1 X	

FAMILY HISTORY:	Diabetes (X)	Tuberculosis (X)	Epilepsy (X)	Asthma (X)	Eczema (X)
	Heart disease (X)	High blood pressure (X)	Stroke (X)	Blood Disease (X)	Cancer (X)

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. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.

Date: 19/07/2025	Signature of Applicant: y 21/19/25
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PEACELAND 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. Genital Orifices
✓		8. Anus & Rectum
✓		9. Genito-urinary
✓		10. Extremities
✓		11. Musculo-skeletal
✓		12. Skin & Varicose veins
✓		13. C.N.S.
✓		14. Breast

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L R	VISION Uncorrected Corrected	DISTANT R L	NEAR R L	Colour Vision	Reflex (Arouse)
173	95	31.7	140/80	68/min	L N R N	Uncorrected Corrected	6/6 6/6		(N)	

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 +)				11. CVS risk for 40 yrs & above
✓		6. Sickie Cell test				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.) +ve for HIV

1. L5/S1 RFR (but no clinical & xray)
2. Take med properly
3. check BP 3 times by home instrument

ASSESSMENT:

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

FIT

Date 20/7/24 Name (Block Capitals) Dr / Nurse

Dr. Shima Ayedandelatipour
Cardiologist Specialist
MOH No. No. 21952

Signature



REVIEW/CONSULTATION

Date Name (Block Capitals) Dr / Nurse

Signature



مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Quest. for Sleep Apnoea

Employee Data	DATA BINQH PIN 21923 Age 58Y Male B.No: 79181	Date: 19/7/2024
Name:		Department/Company: TO
I. D No.	Spec ID: 99270 SEP04 19/07/25 09:29	Occupation: CRANE OPERATOR

This questionnaire will help 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.

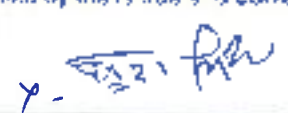
How likely are you to fall asleep in the following situations? (use 0 to 3 score as shown below)

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

Signature:  Date: 19/7/2024



DEPARTMENT OF LABORATORY

Patient ID : 21928
Name : BUTA SINGH
Age, Gender : 58Y, Male
Nationality : INDIAN
GSM No : 96381657
Doctor's Name : DR.SHJMA
Customer : TRUCKOMAN LLC-SABA PROJECT

Doc No : 61968
Doc Date : 19/07/2025 18:59
Bill No : 79181
Bill Date : 19/07/2025 09:29
Approved Date :
Collected Time : 19/07/2025 09:29
Received Time : 19/07/2025 09:29

Test	Result	Unit	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 50 YRS			
COMPLETE BLOOD COUNT			
RBC	4.8		Male 4.38 - 6.0 x 10 ¹² /l Female 4.0 - 5.2x10 ¹² /l
HAEMOGLOBIN	13.1	x10 ¹² /L	Male 13 - 17 gm % Female 11 - 14 gr. %
HCT	39.9	gm %	Male 39.30 - 50.00 % Female 37 - 47 %
MCV	85	%	84-94 fl
MCH	27.5	pg	27 - 33 pg
MCHC	32.1	g/dl	25.6 - 35.6 %
WBC COUNT	5.1	x 10 ⁹ /L	4.0 - 11.0 x 10 ⁹ /L
DIFFERENTIAL COUNT			
NEUTROPHIL	55	%	40-70 %
LYMPHOCYTE	40	%	20-45 %
EOSINOPHIL	01	%	1-6 %
MONOCYTE	04	%	2-8%
BASOPHIL	00	%	0-1%
PLATELET	179	x 10 ⁹ /L	150 - 450 x 10 ⁹ /L
STICKLE CELL TEST	NEGATIVE		
LIVER FUCTION TEST			
ALKALINE PHOSPHATASE	67	U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.74	mg/dl	0 - 2.0 mg/dl
S.G.O.T.	26.3	U/L	0 - 35.0 U/L
S.G.P.T	21.3	U/L	10 - 45 U/L
ALBUMIN.	4.54	g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN.	5.96	g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.18	mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST			
UREA	18.5	mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.76		0.70 - 1.30 mg/dl
S.URIC ACID	4.7	mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE			

Remarks.

Reported By:
Lab Tech

Verified By:
Lab Tech

Approved By:
Lab Tech

Sr Lab Technologist

Sr Lab Technologist

Printed at: 19/07/2025:09:05





DEPARTMENT OF LABORATORY

Patient ID : 21928
Name : BLTA SINGH
Age, Gender : 58Y, Male
Nationality : INDIAN
SSN No : 96381657
Doctor's Name : DR. SHIMA
Customer : TRUCKOMAN LLC-SABA PROJECT

Doc No : 61968
Doc Date : 19/07/2025 18:59
Bill No : 79181
Bill Date : 19/07/2025 09:29
Approved Date :
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Test	Result	Unit	Normal Range
Total Cholesterol	127		0.0 - 200 mg/dl
Triglyceride	139.2	mg/dl	0.0 - 150 mg/dl
HDL - CHOL	42.1	mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	57	mg/dl	< 100 mg/dl
VLDL	28	mg/dl	2.0 - 30 mg/dl
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5	ml	
Colour	Yellow		
Sp. Gravity	1.010		
pH	Acidic		
Appearance	Clear		
CHEMICAL			
Nitrite	Negative		
Protein	Negative		
Glucose	Negative		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC			
RBC	1-2		
EPITHELIAL CELLS	0-1		
WBC	0-1		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NIL		
OTHERS	NIL		
RANDOM BLOOD SUGAR	90.7	mg/dl	80 - 120 mg/dl

Remarks:

Reported By:
Lab Tech

Sr. Lab Technologist

Verified By:
Lab Tech



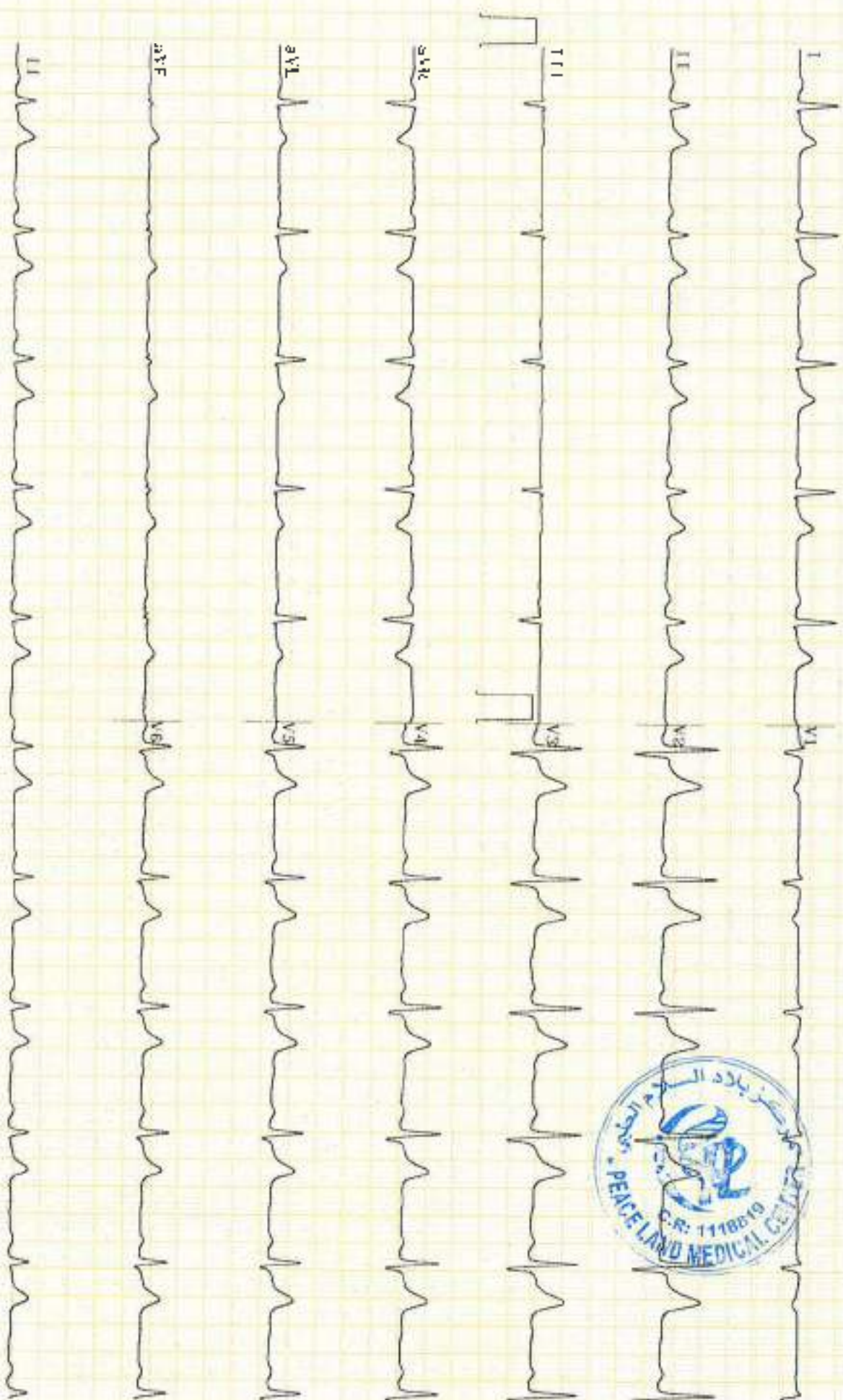
Sr. Lab Technologist

Approved By:
Lab Tech



BUTA SINGH
 MID: 27028 Age: 58Y Male S.No: 79487
 SpecID: 98270 Service: 18/07/25 08:29

Heart Rate: 63 bpm
 PR Int.: 176 ms
 QRS Dur.: 90 ms
 QT/QTc: 402/411 ms
 P-R-T axes: 20 3 35



0.1Hz - 100Hz, AC50Hz, EMG.

214 Channels: 10.0Hz/4V, 25.0mV/mm.

CARDIO-M Ver5.10W.30 Medical Counsel Gubli

Prescribed by:

Results

Estimated 10-year Global CVD Risk

21.6%

BUTA SINGH
PID : 21928 Age 56Y Male S.No : 73181



SpecID : 99270 SERUM 18/07/25 09:29

Risk Category

High Risk

Estimated Vascular Age

72 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <100 mg/dL (<2.59 mmol/L)

Non-HDL <130 mg/dL (<3.37 mmol/L)

CCS (2009)

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 <2.5 mmol/L (<80-100 mg/dL)

TChol <4-4.5 mmol/L (<155-175 mg/dL)



PEACELAND MEDICAL CENTER AZAIBA

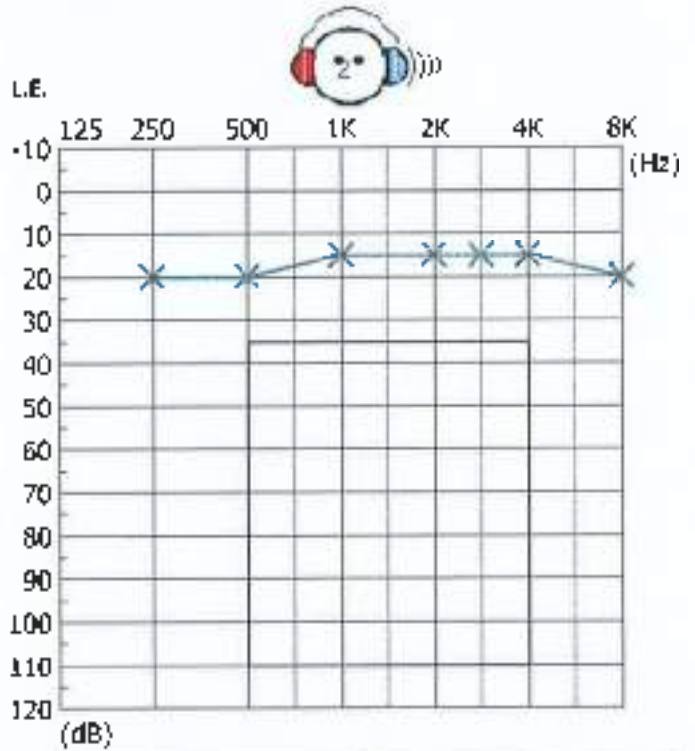
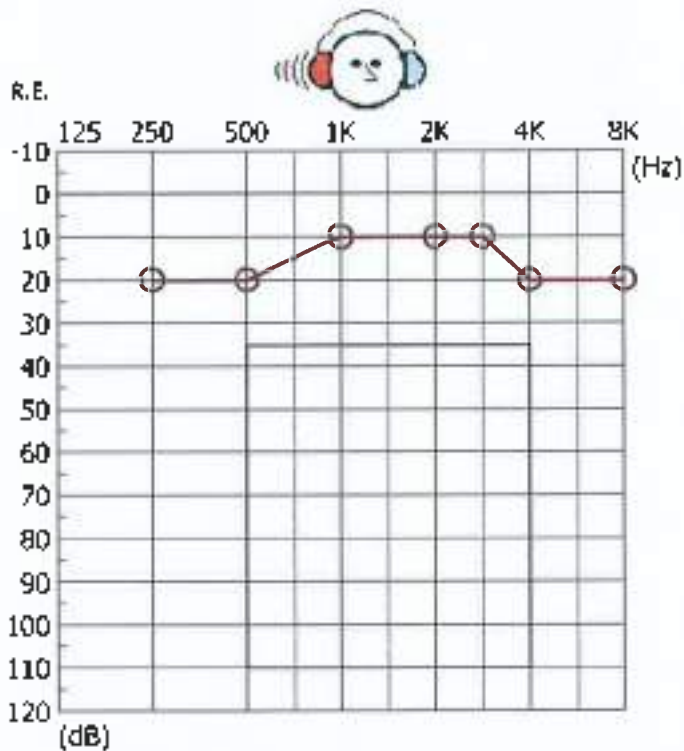
AUDIOMETRY REPORT

Name:
Age(y):
Sex:
Height (cm):
Weight(Kg):
BMI:



SIBELMED W50

Test date: 19/07/2025
Reference: 44113
Technician:
Reason:
Origin:
Equipment: Sibelkound DUC
Device serial numb.: 534
Flash Version: 1.0



MINISTRY OF LABOUR AND SOCIAL AFFAIRS

	R.E.	L.E.
Hearing Loss (%)	0.0	0.0
Average dBs	12.5	16.2
Bilateral loss (%)	0.0	

Right ear: Normal
Left ear: Normal

COMMENTS:

No Masking	R.E.	L.E.	With Masking	R.E.	L.E.
Air	○	×	Air	△	□
Bone	<	>	Bone	■	▨
F Field	⊗	⊙			
No response	⊕	⊗			





مرکز بلاد السلام الطبي Peace Land Medical Center

Fitness for work certificate

Employee Data		Date: 20-07-2025	
Name		Department/Company: Truck Oman	
ID No.		Occupation: DERRICKMAN	
Spec ID: 99270 SERUM 19/07/25 C9-29			
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 torklift 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	FIT
Work near moving machinery or sharp edges			
Working at height			
Pushing, pulling, 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: 20-7-25	
Permanently Unfit			
Name of health advisor Signature			



SIS Summary Report

PEACELAND MEDICAL CENTER

Name: BUTA SINGH

ID: 02200725

Tested On: 2010/12/25 11:12 AM

Details: 58years(Male) 95Kg, 173cm

Doctor: DR. SHIMA

Test Summary Report

Target HR = 162

HR achieved = 141 (87%)

Peak Ex - Exercise 4

Max ST deviation = 2.76(Lead V3)

Protocol = BRUCE

Total time = 14:27

Exercise time = 09:15

Recovery time = 05:20

Object of test	A 58 YEAR OLD MALE OCCUPATIONAL HEALTH			Ex tolerance	
Risk factor	HTN AND OBESITY			Ex Arrhythmia	NONE
Activity				Hemo Response	NL
Other Investigation				Chemo 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	Shoe (%)	METS	Sys/dia(map) (mmHg)	RPP	Comments
Supine	01:21	80	2.76(V3)	-1.80(AVR)	0.0	0.0	0.00	140/90(106)	11760	
Waiting for Exercise	00:30	91	1.97(V2)	-1.01(AVR)	0.0	0.0	0.00	---		
Exercise 1	03:00	103	1.98(V2)	-1.13(AVR)	2.7	10.0	5.10	150/90(110)	15900	
Exercise 2	03:00	116	1.92(V2)	-1.16(AVR)	4.0	12.0	7.10	160/90(113)	19200	
Exercise 3	03:00	134	1.95(V2)	-1.17(II)	5.5	14.0	10.00	170/90(116)	23290	
Peak Exercise 4	00:16	139	0.66(II)	-0.52(AVR)	6.8	16.0	10.60	---		
Recovery 1	01:00	111	2.76(V3)	-1.80(AVR)	6.8	16.0	0.00	180/90(120)	25380	
Recovery 2	01:00	104	1.98(III)	-1.74(AVR)	6.8	16.0	0.00	180/90(113)	20700	
Recovery 3	01:00	99	0.82(V2)	0.62(AVR)	6.8	16.0	0.00	160/80(106)	10640	
Recovery 4	00:20	93	0.50(V2)	-0.28(AVR)	6.8	16.0	0.00	150/80(103)	15000	

Medication: TELMISARTAN TAB 40 MG PO QD

History: HTN

Name: **BUTA SINGH**

ID: D2200725

Tested On: 20/07/2025 11:22 AM

Details: 58years(Male), 95Kg, 173cm

Doctor: **Dr. SHIMA**

Observations: A 58 YEAR OLD MALE UNDERWENT EXERCISE TOLERANCE TEST, UTILIZING BRUCE PROTOCOL. THE PATIENT DID NOT COMPLAIN OF CHEST PAIN, SOB OR DIZZINESS.

COMPLETED 09:16 MINUTES OF EXERCISE (STAGE 4), ACHIEVED 10.5G METS, AVERAGE FUNCTIONAL CLASS.

RESTING HEART RATE 75 BPM AND INCREASED TO 141 BPM WHICH IS 87% OF THE MAXIMUM AGE-PREDICTED HEART RATE.

RESTING BLOOD PRESSURE: 140/90 MMHG AND INCREASED TO 180/90 MMHG. 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 EXERCISE-INDUCIBLE ISCHEMIA.

