TER

'atient:26051 Reg.Dt: 04/06/202
Name: HARWINDER SINGH
Gender: Male Nationality: INDIA/
Age: 37 Mar. Status: Marrie
Address:

33: EX2 Form (Routine/Periodic Medical Examination)

INE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

velopment Oman
L DEPARTMENT

Surname/ Forenames	HARWINDER SINGH
Nationality	INDIA
D.O.B:	02-04-1988

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 96936566	Address: 90557359	Company Number:	Reference Indicator:

Personal Details

A ☑ Male ☐ Female ☑ Married ☐ Single ☐ Separated /Divorced /Widow(er)

Home/Leave Address:

Relationship to employee ☐ Wife ☑ Son ☐ Daughter No of Children: 2

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☑ Final / Retirement ☐ Other Reason: ☐

Employee only

B Present Job and Location: HD DRIVER

Next Job and Location:

Are you a registered person with special needs? ☐

Do you belong to any Medical Insurance Scheme? ☐

Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.

Please answer the following questions and tick 'N' (no) or 'Y' (yes) in the column. If 'Y' please describe

		N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?		√		
1	Ear, nose, eye or throat problems	√		
2	Chest problems like asthma, bronchitis, another bad cough	√		
3	Heart abnormality, chest pains	√		
4	Abdominal pains, abnormal bowel motions	√		
5	Urogenital problems (kidney disease, menstrual disorder)	√		
6	Skin trouble or allergies	√		
7	Epileptic fits, dizzy spells or migraine	√		
8	History of mental illness, depression anxiety	√		
9	Diabetes, thyroid disease ,history of Hypertension	√		
10	Blood disorder e.g. anaemia, blood cancer e.g. leukaemia	√		
11	Any history of accidents or fractures	√		
12	**Have you had any serious allergies**	√		
13	Do any dependants have a significant ongoing illness?	√		
14	Any family history of cancers	√		
Do you take any regular medicines, or have your taken in the past?		√		
Do you smoke? If yes, what and how much each day?		√		
Do you drink alcohol? If yes, what is your average weekly intake?		√		
Have you ever taken elicited/recreational drugs?		√		
Are you doing regular sports or physical activities?		√		

STATEMENT: I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. . I understand and agree that this form will be held as a confidential record by PDO Medical Department, and may be copied (by paper or secure electronic transmission) to the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.

Date: 04-06-2021

Peace Land Clinic Muscat

Signature of Applicant:

Appendix 33: EX2 Form (Routine/Periodic Medical Examination)

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

N = Normal	A = Anormal (please describe)	PHYSICAL EXAMINATION
√		1. Eyes & Pupils
√		2. E.N.T.
√		3. Teeth & Mouth
√		4. Lungs & Chest
√		5. Cardiovascular System
√		6. Abdo. Viscera
√		7. Hernial Orifices
		8. Anus & Rectum
√		9. Genito-urinary
√		10. Extremities
√		11. Musculo-skeletal
√		12. Skin & Varicose Vns.
√		13. C.N.S.

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	Color Vision
174	78.	25.8	110/70 mmhg	66 /mins.	L N R N	DISTANT R 6/6 L 6/6 NEAR R L Uncorrected Corrected	✓ 1. Normal 2. Abnormal

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis		✓		7. Audiogram
✓		2. Hb, Blood count, 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. Sickle Cell test				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

FIT

ASSESSMENT AND RECOMMENDATIONS:

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

Date: 4/6/2025 Name (Block Capitals): Dr. / Nurse

Peace Land Clinic Mukhaizna

Signature:

REVIEW/CONSULTATION

Date: Name (Block Capitals): Dr. / Nurse

DR. HAMMAD MD ISMAIL
GENERAL PRACTITIONER
MOH License No: 28678

Signature:

Epworth Screening Questionnaire for Sleep Apnoea		
NAME: HARWINDER SINGH	COMPANY: TER	
ID No: 90557359	OCCUPATION: HD DRIVER	
Mob.No: 96736566	GENDER: M / F	DATE: 4/6/2025

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-Hight chance of dozing

0 Sitting and reading
0 Watching TV
0 Sitting inactive in a public place(e.g.Teatere 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 a 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 : I HARWINDER SINGH (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: Harwinder Singh Date: 4/6/2025

Peace Land Clinic Mukhaizna

Peaceland Medical Service LLC, Mukhaizna
CR No.:2/13627/9, P.O.Box: 1403,
Postal Code: 133,
Occidential Camp Mukhaizna, Sultanate of Oman

PATIENTDETAILS :

Patient ID	: 26051	Doc No	: 13551
Name	: HARWINDER SINGH	Doc Date	: 2025-06-04T11:09:00
Age	: 37Y	Bill No	: 35547
Gender	: Male	Date	: 04/06/2025 11:09 AM
Nationality	: INDIAN	Customer	: TRUCKOMAN EQUIPMENT RENTAL LLC
GSM No	: 96936566	Ref.by	: DR.HAMMAD ISMAIL

TEST RESULT : PDOM PDO MEDICAL CHECKUP

Test	Result	Normal Range	Detailed Description
PDO MEDICAL CHECKUP			
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	58 u/l	44-147 U/ L	
T. BILIRUBIN	1.9 mg / dl	up to 2.0 mg/dl	
DIRECT BILIRUBIN	0.4 mg / dl	up to 0.4 mg /dl	
INDIRECT BILIRUBIN	1.5 mg / dl	up to 1.6 mg /dl	
S.G.O.T.	23 u/l	Male 0-50 u/l Female 0-41 u/l	
S.G.P.T.	34 u/l	Male 0-45 u/l Female 0-32 u/l	
T. PROTEIN	8 g /dl	New born 5.2 - 9.1 g /dl Children 5.4 - 8.7 g /dl Adult 6.7 - 8.7 g /dl	
ALBUMIN	5 g / dl	3.6 - 5.5 g/dl	
RENAL FUNCTION TEST			
UREA	26 mg / dl	10-50 mg /dl	
S.CREATININE	0.9 mg / dl	0.7 - 1.2 mg /dl	
S.URIC ACID	7 mg / dl	3.4 - 7.2 mg /dl	
FASTING BLOOD SUGAR	89 mg/dl	70 - 110 mg/dl	
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5 ml		
Colour	Pale yellow		
Sp. Gravity	1.020		
pH	Acidic		
Appearance	Clear		
CHEMICAL	0		
Nitrite	Negative		
Protein	Negative		
Glucose	Negative		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC.			
PUS_CELLS	1-2		

Peace Land Clinic Mukhaizna

Reported By:
Lab Technician

Sr. Lab Technologist

Printed at: 04/06/2025 11:12:16

Verified By:
Lab Technician

Sr. Lab Technologist

Signed at: 04/06/2025 11:12:16

Approved By:
Lab Technician

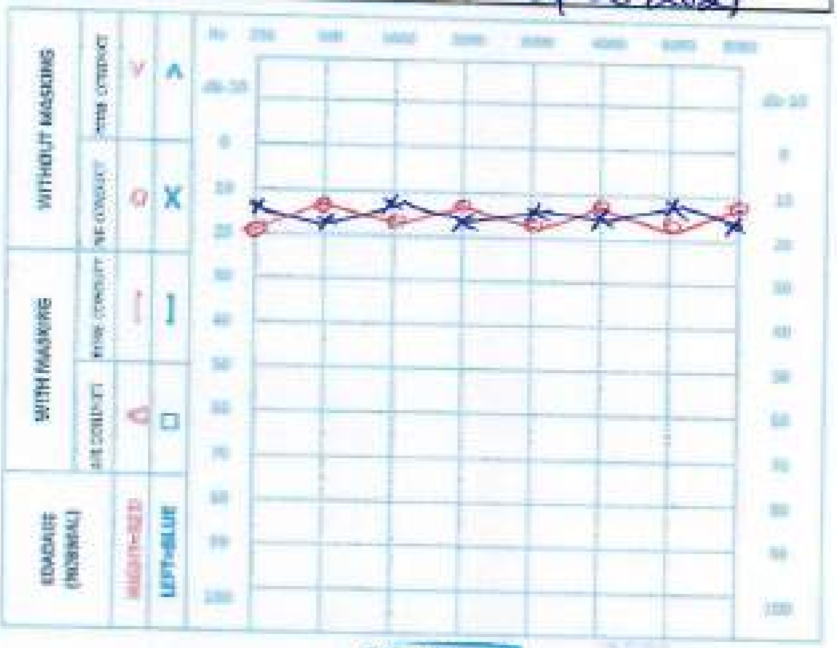
Sr. Lab Technologist

Test	Result	Normal Range	Detailed Description
EPITHELIAL CELLS.	1-2		
RBCS	1-2		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA.	NIL		
OTHERS.	NIL		
COMPLETE BLOOD COUNT			
RBC	5.4 Million/c	Male 4.5 - 6.0 million /cu Female 4.5 - 5.5 million/cu	
HAEMOGLOBIN	16 gm %	Male 13 - 18 gm % Female 11 - 15 gm %	
HCT	47 %	Male 42 -52 % Female 37 -47 %	
MCV	86 fl	76 - 96 fl	
MCH	30 pg	27 - 33 pg	
MCHC	34 %	32 36 %	
WBC COUNT	5500 cells/cumm	4000 - 11 000 cells / cu mm	
DIFFERENTIAL COUNT			
NEUTROPHIL	45 %	40-75 %	
LYMPHOCYTE	42 %	20-45 %	
EOSINOPHIL	5 %	1-6 %	
MONOCYTE	8 %	2-8%	
BASOPHIL	0 %	0-1%	
PLATELET	1.6 lakhs/cumm	1.5 - 4.5 lakhs / cu mm	
LIPID PROFILE			
Total Cholesterol	140 mg/dl	Normal < 200 mg/dl Border line : 200 -239 mg / dl High > 240 mg / dl	
Triglyceride	92 mg/dl	Normal 0.0 - 150 mg/dl	
HDL - CHOL	50 mg/dl	35.0 - 79.0 mg /dl	
LDL - CHOL	72 mg/dl	< 130 mg/dl	
VLDL	18 mg/dl	2-30 mg/dl	
NON HDL CHOLESTEROL	90 mg/dl	Less than 130mg/dl	

Remarks:

مركز بلاد السلام الطبي
Peace Land Medical Center

AUDIOMETRY TEST REPORT	
NAME: HARWINDER SINGH	COMPANY: TER
AGE: 37 Yrs GENDER: M/F	OCCUPATION: HD DRIVER
REF. BY:	DATE: 09/06/2025



Sibelmed

INTERPRETATION
O RIGHT EAR
X LEFT EAR

RESULT

✓ NORMAL

HEARING LOSS

RIGHT

LEFT

Peace Land Clinic Mukhaizna

P.O. Box 1403, Postal Code: 133 Al Azaiba, Roundabout at Sahwa Tower, Sultanate of Oman
Tel: 24617117 / 24617742 / 24617749

مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date	04-06-2026
Name	HARWINDER SINGH	Department/Company	TER
I.D No.	90557359	Occupation	HD DRIVER

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 forklift 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*	
Work near moving machinery or sharp edges			
Working at height			
Pulling, pushing, or carrying weight over ___ Kg			
Ascend/descend ladders or stairs			
Operate motor vehicles, forklifts or heavy machinery		FIT	
Use of a respirator			
Repetitive twisting of valves or wrenches			
Flying			
Other (Specify)			
Temporary Unfit until			
Permanently Unfit			
Name of health advisor Signature		Date	4/6/2025

Peace Land Clinic Muhaisna

DR. HAMMAD MD ISMAIL
GENERAL PRACTITIONER
MOH Licence No: 20078