Appendix 15: Fitness to Work Certificate

Employee Data		Date 25-05-25
Name Javid saeed khan		Department/Company
I.D No. 1101 86703	Age 30	Occupation

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			
Puling, pushing, 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			
Permanently Unfit			Date

مستشفى خط الحياة ش.م.م
LIFELINE HOSPITAL L.L.C.
C.R.No : 1095548
Salalah-S. of Oman

Dr. Taher Yasi
General Practitioner
M.O.H Lic No-15523
LIFELINE HOSPITAL,SALALAH

Fitness to Work Certificate for drivers

Employee Data			Date 25-05-25
Name Amir saeed khan			Department/Company
I.D No. 110186703	Age 30.		Occupation
Type of Medical Evaluation			Mark those applying √
A5- HVD- Crane or forklift driving & all heavy vehicles			A7- Professional driving-light vehicles

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			
Operate Heavy motor vehicles, forklifts or heavy machinery			
Other (Specifiy)			
Temporary Unfit until			
Permanently Unfit			
Name of health advisor	**Signature**	**Date** 25-05-25	

Dr. Taher Yasir
General Practitioner
M.O.H Lic No-15523
LIFELINE HOSPITAL,SALALAH.

مستشفى خط الحياة ش.م.م
صلالة - سلطنة عمان
ص.ب: ١٠٩٥٥٤٨
C.R.No : 1095548
Salalah-S. of Oman
LIFELINE HOSPITAL L.L.C

Epworth Screening Questionnaire for Sleep Apnea (Drivers)

Employee Data		Date 25-05-25
Last Name Saeed Khan.		First Name Amir
I.D No. 1101867063	Tel #	Occupation

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.

How likely are you to fall asleep in the following situations?

(0) Would never doze

1 Slight chance of dozing

2 Moderate chance of dozing

3 High chance of dozing

0	Sitting and reading watching
0	TV
0	Sitting inactive in a public place (e.g. theatre or meeting) as a
0	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, Amir Saeed Khan

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

Signature: _____ **Date:** 25-05-25

مستشفى خط الحياة ش.م.م
صلالة - سلطنة عمان
ص.ب: ٢٤٨ ، ٢١٠
C.R.No : 1095548
Salalah-S. of Oman
LIFELINE HOSPITAL L.L.C

Dr. Taher Yasi
General Practitioner
M.O.H Lic No-15523
LIFELINE HOSPITAL,SALALAH.

مستشفى خط الحياة
LIFELINE HOSPITAL
THE HEALING TOUCH
SALALAH
A unit of BIS Healthcare

PDO FTW REPORT

Surname/ Forenames	Khan saeed khan
Nationality	Pakistan

Mobile No.	**Home/Leave Address:**	**Company Number:** 11086703 **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:

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☑ NO Final / Retirement ☐ Other Reason: NO

Employee only

B Present Job and Location:	Next Job and Location:

Are you a registered person with special needs? NO

Do you belong to any Medical Insurance Scheme? NO

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, other 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	✓		
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 the concerned medical institute and may be copied (by paper or secure electronic transmission) to PDO the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.

Date: 25 05 25 **Signature of Applicant:**

LIFELINE HOSPITAL L.L.C C.R.No : 1095548 Salalah-S. of Oman

Dr. Taher Yasir
General Practitioner
M.O.H Lic No-15523
LIFELINE HOSPITAL,SALALAH.

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. 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 /mins.	HEARING	VISION DISTANT	VISION NEAR
						R L	R L
179	102.5	32.1	112/76	79	L R	Uncorrected 6/6 6/6 Corrected	6/6 6/6

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.)

Diet + exercise
Tab Febuxat (80mg) 1 0 + 0 + 1 → 2 month
fit for work

ASSESSMENT AND RECOMMENDATIONS:

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

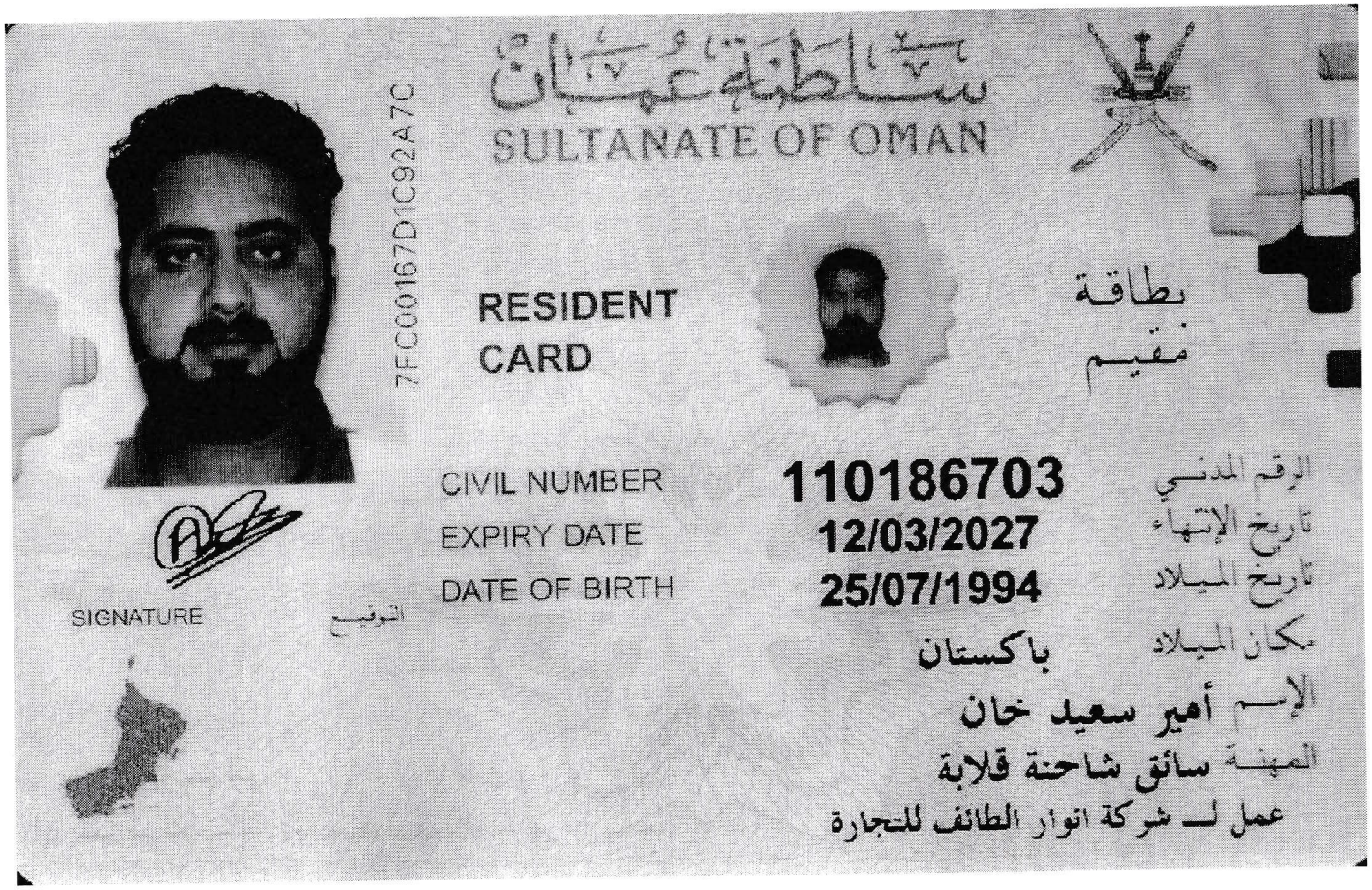
Date: Name (Block Capitals): Dr. Signature:

Dr. Taher Yasl
General Practitioner
M.O.H Lic No-15523
LIFELINE HOSPITAL,SALALAH.

REVIEW/CONSULTATION

Date: 23-05-25 Name (Block Capitals): Dr. Signature:

مستشفى خط الحياة ش.م.م
صلالة - سلطنة عمان
ت: ٠٢٣٢٠٩٥٤٨
C.R.No : 1095548
Salalah-S. of Oman
LIFELINE HOSPITAL L.L.C



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C.R.No: 1095548
Sultanate of Oman

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help@lifelineoman.com | www.lifelinesalalah.com

VATIN - OM1100002760

Registration Address - PC 112, PO Box 1465, Muscat, Sultanate of Oman

Tax Invoice

Name:	**Mr. Amir Saeed Khan**	**Bill No:**	**BN1718121**
DOB/Gender:	30 Y M	Bill Date:	25-05-2025
MR No:	**LLH268295**	Registered Date:	25-05-2025 07:36
Visit ID:	OP1136258	Doctor:	**External**
Insurance Comp:		Department:	SELF
Sponsor:		**Phone No:**	**92219248**
Referred By:	self	**Token No:**	**2**

#	Code	Head	Description	Rate	Qty	Disc	Total Net	Ins Amt	Pat Amt
1		Package Charges	PDO health check up (For employees below 40 years old)	35.000	1.00	0.000	35.000	0.000	35.000
			Bill Amount:	**35.000**		**0.000**	**35.000**	**0.000**	**35.000**

* E - Exempted

Total Excluding VAT :	35.000
VAT amount :	0.000
Total Including VAT :	35.000

Payments	Receipt No	Mode	Card Type	Bank	Reference No	Amount
Settlement 25-05-2025	RC1385451	Debit Card		Other	093210	35.000

Signature

Web Access ID: OP1136258 Password: 491572

GET ONLINE REPORT PLEASE SCAN THE QR CODE.

(Patient Signature)

(Allyaa)



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Laboratory Report

Patient Name	: Mr. Amir Saeed Khan	Order by	: Dr. Tanjina Amin
MR No	: LLH268295	Lab No.	:
Age	: 30 Y	Sex	: M
Sample Received	: 25-05-2025 07:39	Phone	: +96892219248
Insurance Company	:	Sample Reported	: 25-05-2025 08:33
Policy No.	:	Nationality	: Pakistan
Passport No/Civil ID	: 110186703		

Hematology

Test Description	Result	Units	Reference Range
ESR	2	mm / 1st Hour	Male : 0 - 9 mm/1st Hour Female : 0-20 mm / 1st Hour

SICKLING TEST

Test	Results
Hemoglobin S, Screening	Negative

Note:
This assay will not discriminate Hgb S trait from homozygous sickle cell disease (S/S), nor any of the following combinations: S/C, S/D, S/G, S/E, S/ beta-thalassemia, S/O-Arab, and C-Harlem trait.

Lab Technologist

Dr. USAMA MOHAMED MAHMOUD EL DEEB
SPECIALIST PATHOLOGY
M.O.H. LIC NO:23705
LIFELINE HOSPITAL, SALALAH

Reviewed By

مستشفى خط الحياة ش.م.م
صلالة - سلطنة عمان
ص.ب: ٢١١ ر.ب: ١٠٩٥٥٤٨
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MR No	: LLH268295	Lab No.	:
Age	: 30 Y	Sex	: M
Sample Received	: 25-05-2025 07:39	Phone	: +96892219248
Insurance Company	:	Sample Reported	: 25-05-2025 08:30
Policy No.	:	Nationality	: Pakistan
Passport No/Civil ID	: 110186703		

Biochemistry

Test Description	Result	Units	Reference Range
LFT			
Total Bilirubin	0.53	mg/dl	Up to 1.1
Direct Bilirubin	0.18	mg/dl	Up to 0.25
Alkaline Phosphatase	49.84	U/L	40-129
SGOT (AST)	20.87	U/L	Male : 0-38 Female : 0-31
SGPT (ALT)	35.10	U/L	male : 0-40 female: 0-32
Total protein	7.85	g/dl	new born 5.2-9.1 children 5.4-8.7 adults 6.7-8.7
Albumin	4.62	g/dl	3.5-5.5
Globulin	3.23	gm/dl	1.8 to 3.6 gm/dl
Gamma GT	37.65	u / l	Male :10-71 Female 5-42
RENAL FUNCTION TEST			
BLOOD UREA	28.11	mg/dl	15-45
S. CREATININE	1.34	mg/dl	0.7-1.4 Male 0.6-1.1 Female
S.URIC ACID	**8.99 #**	mg/dl	Male : 3.4 - 7.0 mg/dl Female : 2.4 - 5.7 mg/dl
FASTING BLOOD SUGAR	**111 #**	mg/dl	normal <100 mg/dl prediabetes 100-125 mg/dl diabetic >/= 126 mg/dl
LIPIDS PROFILE			
Total Cholesterol	189.87	mg/dl	Desirable: < 200 Borderline High: 200 - 240 High: >=240
Triglycerides	130	mg/dl	Normal: <150 Borderline high: 150-199 High: 200-499 Very high: > or =500

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HDL Cholesterol	38.32	mg/dl	35-55
LDL Cholesterol	**125.52 #**	mg/dl	Optimal: <100 Near Optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: > or =190
VLDL Cholesterol	26.08	mg/dl	6-38
T.Chol/HDL Ratio	4.96		3.5-5
LDL/HDL Ratio	3.27		2.5-3.5

Hafsath
Lab Technologist

Dr. USAMA MOHAMED MAHMOUD EL DEEB
SPECIALIST PATHOLOGY
M.O.H. LIC NO:23705
LIFELINE HOSPITAL, SALALAH
Reviewed By

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Laboratory Report

Patient Name	: Mr. Amir Saeed Khan	Order by	: Dr. Tanjina Amin
MR No	: LLH268295	Lab No.	:
Age	: 30 Y	Sex	: M
Sample Received	: 25-05-2025 07:39	Phone	: +96892219248
Insurance Company	:	Sample Reported	: 25-05-2025 08:12
Policy No.	:	Nationality	: Pakistan
Passport No/Civil ID	: 110186703		

Hematology

Test Description	Result	Units	Reference Range
CBC			
HAEMOGLOBIN	16.0	gms/dl	male: 13-18gm/dl
TOTAL WBC COUNT	6490	cells /cu mm	4000-11000
Neutrophil	43.5	%	40-75 %
Lymphocyte	45.0	%	20 - 45 %
Eosinophil	7.4	%	01 - 06 %
Monocyte	3.5	%	02-08 %
Basophil	0.6	%	00 - 01 %
PLATELET	1.87	lakhs/ cu mm	1.5 - 4.5 lakhs/cu mm
RBC	5.38	10^12/L	New Born : 5.0-7.0 1 year : 3.9-5.1 2-12 years: 4.0-5.2 Male : 4.3 - 5.7 Female : 3.9 - 5.0
PCV	45.6	%	Male : 42 -52 Female : 37 -47
MCV	84.8	fl	76 -96
MCH	29.7	pg	27 -33
MCHC	35.1	g/dl	32 - 36
RDW	11.9	CV%	Adult : 11.8 - 15.6 Child > 2 yrs : 12 -14.5
MPV	9.9	fl	7.4 - 10.5

Lab Technologist

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Reviewed By

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MR No	: LLH268295	Lab No.	:
Age	: 30 Y	Sex	: M
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Insurance Company	:	Sample Reported	: 25-05-2025 08:12
Policy No.	:	Nationality	: Pakistan
Passport No/Civil ID	: 110186703		

Clinical Pathology

Test Description	Result	Units	Reference Range
URINE ANALYSIS			
MACROSCOPIC EXAMINATION	...		
Colour	YELLOW		pale yellow
Apprence	CLEAR		Clear
URINE BIOCHEMISTRY	...		
PH	7.0		6.0-7.5
Specific Gravity	1.015		1.000-1.030
Glucose	NIL		Nil
Urine Protein	NIL		Nil
Keton	NIL		Nil
Bilirubin	NIL		Nil
Urobilinogen	NORMAL		Normal(0.1-1.8 mg/dl)
Nitrite	NEGATIVE		Negative
Blood	NIL		Nil
URINE MICROSCOPY	...		
Pus Cells	0-2	/ hpf	0-2
RBC'S	0-1	/ hpf	0-2
Epithelial Cells	0-1	/ hpf	5-6
Cast	NIL		Nil
Crystals	NIL		Nil
Bacteria	NIL		Nil
Others	NIL		Nil

Lab Technologist

Dr. USAMA MOHAMED MAHMOUD EL DEEB
SPECIALIST PATHOLOGY
M.O.H. LIC NO:23705
LIFELINE HOSPITAL, SALALAH

Reviewed By

CARDIART

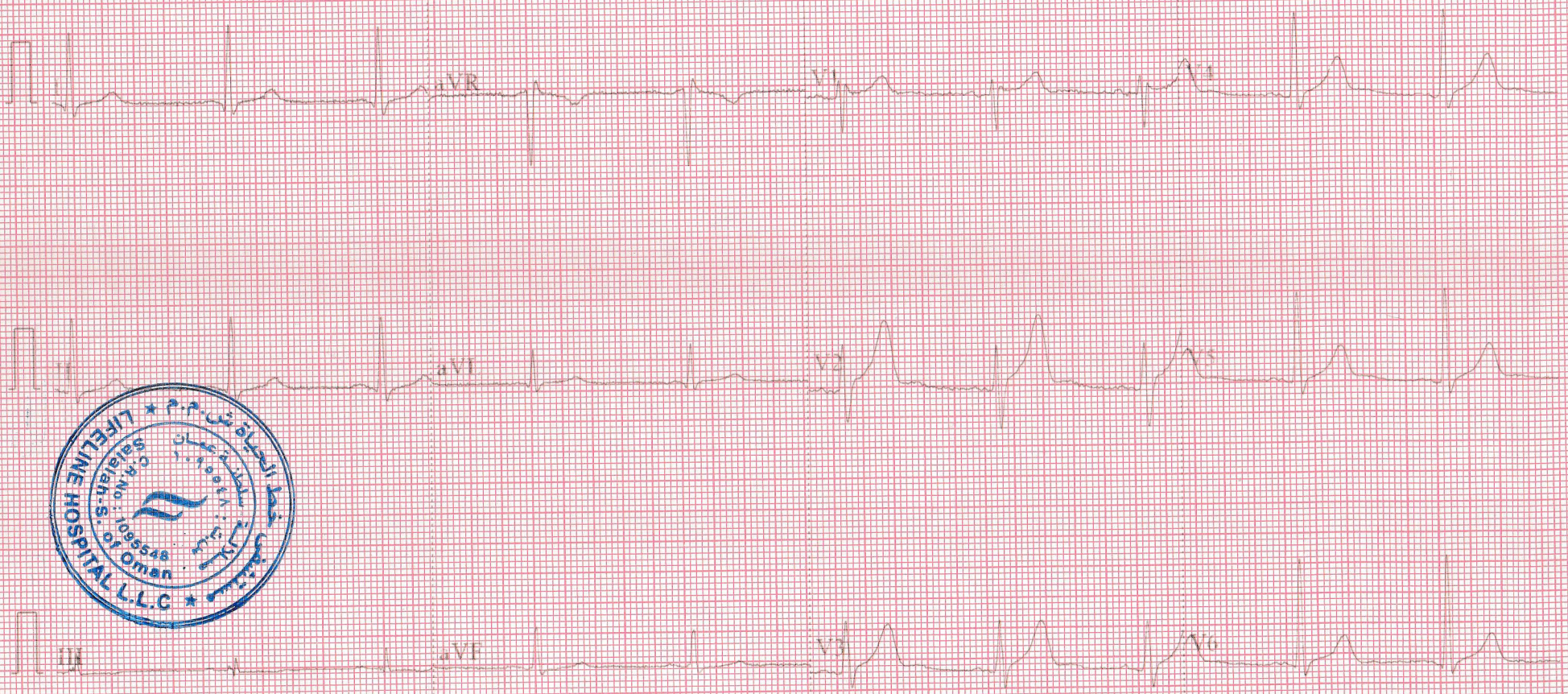
ID: 268295
amir saeed khan
Male 30Years
Req No. :

25-05-2025 08:07:17 AM

HR	:	59	bpm
P	:	115	ms
PR	:	153	ms
QRS	:	107	ms
QT/QTcBz	:	425/421	ms
P/QRS/T	:	50/42/20	
RV5/SV1	:	1.482/0.564	mV

Diagnosis Information:

Report Confirmed by:



LIFELINE HOSPITAL L.L.C
Salalah - Sultanate of Oman
C.R.No: 1095548

[redacted]

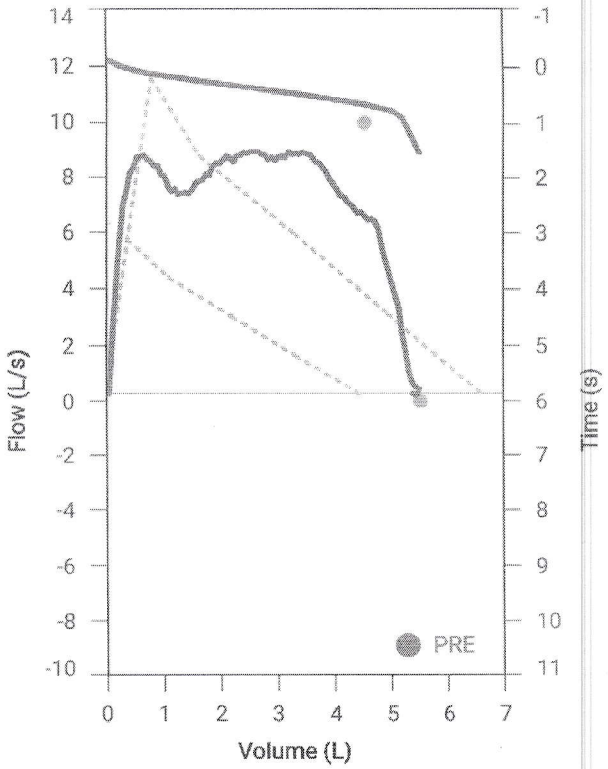
0.67-25Hz AC50 25mm/S 10mm/mV H#2.16 V2.21 SEMTP V192

BPL

Pulmonary Function Test Results

Visit date 25/05/2025

Patient code	LLH268295	Age	30
Surname	Khan	Gender	M
Name	Amir Saeed	Height	179 cm
Date of birth	25/07/1994	Weight	102 kg
Ethnic group	Not defined	BMI	31.83

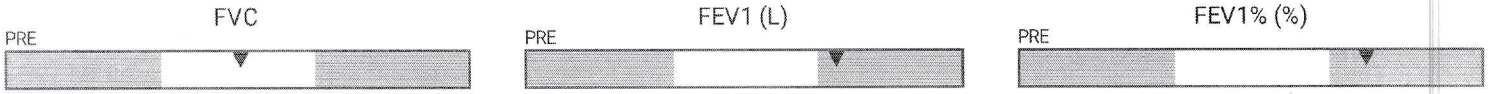


ACCEPTABILITY CRITERIA

PRE Quality Grade: F
Variab.: -
Acceptable trials: 0

Interpretation

Normal Spirometry



Spirometry 25/05/2025 09:19

Parameter	LLN	Predicted	Best	%Pred.	Z-Score	PRE #1	PRE #2	PRE #3	POST	%Pred.	%CHG
FVC (L)	4.44	5.52	5.5	99.64	-0.03	5.5	-	-	-	-	-
FEV1 (L)	3.62	4.53	5.36	118.32	1.53	5.36	-	-	-	-	-
FEV1% (%)	71.7	82.5	97.5	118.18	2.87	97.5	-	-	-	-	-
PEF (L/s)	6.34	9.75	10.11	103.69	0.17	10.11	-	-	-	-	-
FEF25-75 (L/s)	2.83	4.58	9.49	207.21	3.38	9.49	-	-	-	-	-
FET (s)	0.0	0.0	2.44	0.0	0.0	2.44	-	-	-	-	-
ELA (years)	0.0	30.0	31.0	103.33	0.0	31.0	-	-	-	-	-
VC	0	0	-	-	-	-	-	-	-	-	-
EVC (L)	0	0	-	-	-	-	-	-	-	-	-
IVC (L)	0	0	-	-	-	-	-	-	-	-	-

BTPS: 1.087 - Temperature: 26 °C (78 °F) - Predicted - Knudson

Conclusion / Medical report



Signature

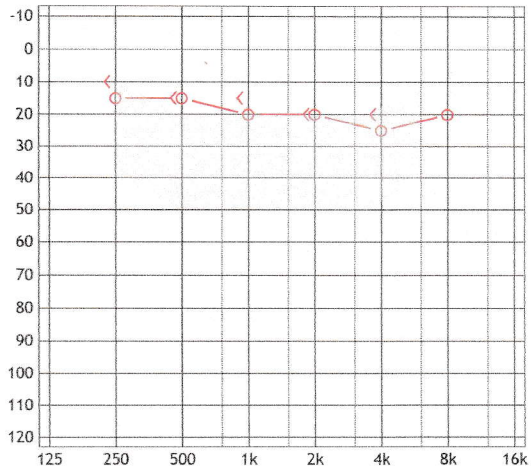
MIR
MEDICAL INTERNATIONAL RESEARCH

<SUPER QUALITY HEARING AID & SPEECH THERAP'

<AL WADI OPP TO CARRFOUR, NEAR MACDONALD 97021873 >

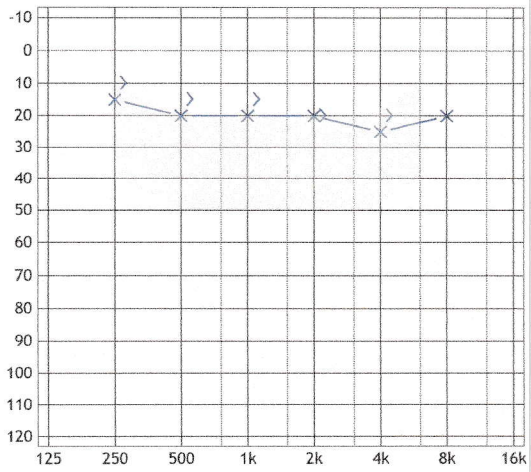
Patient Name	KHAN, AMIR SAEED		
			Male
	92219248	**Referral**	268295

Test date: 25-May-25



Legend

	R	B	L
AC	○		×
BC	<		>



Pure Tone Average

	AC	BC
Right (3 Freq.)	18	17
Left (3 Freq.)	20	17

Report Comments

RT: HEARING SENSITIVITY FALLS WITHIN NORMAL LIMITS.
LT: HEARING SENSITIVITY FALLS WITHIN NORMAL LIMITS.
Follow up for periodic audiological evaluation
Maintain aural hygiene to prevent ear infection

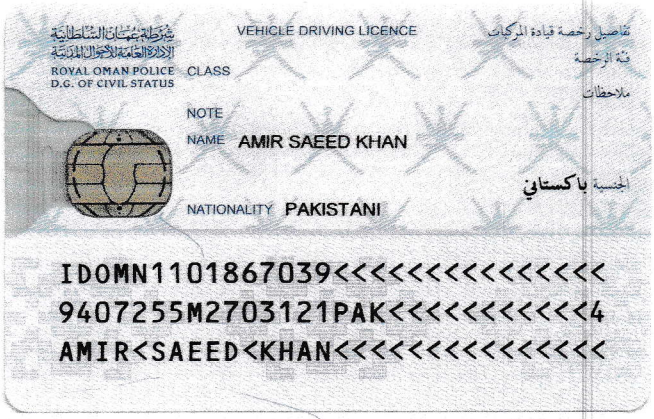
Name :
ABC

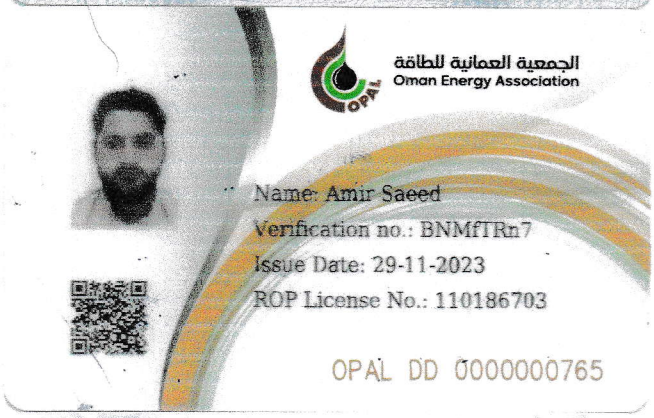
25/05/2025

مستشفى خط الحياة ش.م.م
سلالة سلطنة عمان
C.R.No : 1095548 Salalah-S. of Oman
LIFELINE HOSPITAL L.L.C

25-May-25







The holder of this Card is approved for the following:

Category	Expiry Date
Graded Road	N/A
Heavy Vehicle	29-05-2026

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