MEDICAL FITNESS REPORT

FOR CONTRACTORS

Name	: Ibrahim Dittu	Date of Examination	: 07 August 2026
Age / Gender	: 32 Years / Male	Medical Record No.	: MR-20260807-001
ID / Passport No.	: A1234567	Date of Issue	: 07 August 2026
Nationality	: Pakistani		

MEDICAL FITNESS REQUIREMENTS FOR CONTRACTORS

1. Medical History (Disclosure Form)

No significant past medical history.
No known drug allergies.
No history of diabetes, hypertension, tuberculosis or major surgery.

2. General Physical Examination

Height	: 175 cm
Weight	: 72 kg
General Appearance	: Healthy
Systemic Examination	: Within normal limits

3. Vital Signs, BMI

Blood Pressure	: 118/76 mmHg
Pulse	: 72 bpm
Respiratory Rate	: 16 /min
Temperature	: 36.8 °C
BMI	: 23.5 kg/m² (Normal)

4. ECG

Normal sinus rhythm.
No significant abnormalities detected.

5. CXR

Lungs clear.
Heart size within normal limits.
No active cardiopulmonary disease.

6. Abdominal / Pelvic Ultrasound

Liver, gallbladder, pancreas, spleen, kidneys and urinary bladder appear normal.
No abnormal findings.

7. Vision & Color Vision Test

Visual Acuity	: 6/6 (Both Eyes)
Color Vision	: Normal

8. Audiometry

Hearing within normal limits bilaterally.

9. Spirometry

Lung function normal.
No evidence of obstructive or restrictive airway disease.

10. LABORATORY RESULTS

CBC (Complete Blood Count)

Test	Result	Reference Range
Hemoglobin	14.8 g/dL	13.5 – 17.5 g/dL
WBC	6.9 ×10⁹/L	4.0 – 11.0 ×10⁹/L
Platelets	255 ×10⁹/L	150 – 450 ×10⁹/L
RBC	4.9 ×10¹²/L	4.5 – 6.0 ×10¹²/L

Glucose & HbA1c

Test	Result	Reference Range
Fasting Blood Glucose	92 mg/dL	70 – 100 mg/dL
HbA1c	5.3 %	4.0 – 5.6 %

Renal Function Tests

Test	Result	Reference Range
Creatinine	0.9 mg/dL	0.6 – 1.3 mg/dL
BUN	14 mg/dL	7 – 20 mg/dL

Liver Function Tests

Test	Result	Reference Range
ALT (SGPT)	24 U/L	10 – 40 U/L
AST (SGOT)	22 U/L	10 – 40 U/L
Total Bilirubin	0.8 mg/dL	0.2 – 1.2 mg/dL

Thyroid Function Tests

Test	Result	Reference Range
TSH	2.1 µIU/mL	0.4 – 4.0 µIU/mL
Free T4	1.2 ng/dL	0.8 – 1.8 ng/dL

Lipid Profile

Test	Result	Reference Range
Total Cholesterol	172 mg/dL	< 200 mg/dL
Triglycerides	118 mg/dL	< 150 mg/dL
HDL Cholesterol	52 mg/dL	> 40 mg/dL
LDL Cholesterol	96 mg/dL	< 130 mg/dL

Urine Analysis

Test	Result	Reference Range
Color	Yellow	Yellow
Appearance	Clear	Clear
Protein	Negative	Negative
Glucose	Negative	Negative
Blood	Negative	Negative
WBC	0 – 2 /HPF	0 – 5 /HPF
RBC	0 – 1 /HPF	0 – 2 /HPF

FINAL ASSESSMENT

FIT FOR WORK

This person is medically fit to perform the assigned duties.

Dr. Sarah Khan

Dr. Sarah Khan, MBBS
General Physician
Registration No.

Authorized Stamp

SHIFA AL-JUBAIL MEDICAL CO. C.R. 2055006612 MEDICAL FITNESS

Medical Report Confirmation, Please Check QR Code display on Report.
تأكيد التقرير الطبي، يرجى التحقق من رمز الاستجابة السريعة المعروض على التقرير.