

CERTIFICATE OF FITNESS

VALID FROM 17-07-2024 TO 17-07-2025

RETESTING DATE: 13-01-2025



Occupational Health Medical Specialists

MEDICAL & COMPANY DETAILS		EMPLOYEE DETAILS	
Industry	Construction	Employee	Jacob Johannes Venter
Medical description	Working on Heights Medical	ID / Passport No.	7812125245085
Medical type	Periodical Medical	Department name	
Company name	Japie Venter	Job Description	Project Manager

FITNESS FOR DUTY RECOMMENDATION

Fitness Category:	Fit for duty - subject to further review		
Comments:	Audiometry Review 6/12 PLH: 13.6%		

TESTS PERFORMED DURING MEDICAL SURVEILLANCE

Audiometry	Y	Working on Height	Y	Resting ECG	N	Physical exam	Y
Spirometry	Y	Colourblind	N	Stress ECG	N	Urine	Y
Food handler	N	Confined spaces	Y	Multi drug	N	X-Ray	N
Vision (Keystone)	N	Vision (Snellen)	Y	Fatigue screening	N	Blood tests	N
Wears Glasses/ Contact Lenses	N	Heat Exposure	N	Glucose	Y	Muscular Skeletal	N
Cold Exposure	N	COVID Risk Ass.	N	COVID-19 PCR	N	COVID-19 Rapid	N

EXCLUSIONS (Employee must be excluded from these areas)

None	-	Driving (Codes A1, A, B or EB)	-
Noise zones	-	Driving (Codes C1, C, EC1 or EC)	-
Respiratory risk zones	-	Safety critical work	-
Heat stress zones	-	Working on heights	-
Other	-	N/A	

REFERRALS (Employee was referred for further investigations to)

Own healthcare provider	HPCSA: 1452908 OMP Reg No.: 0195952	-	Hospital / Municipal clinic	-
Specialist		-	Social worker / EAP / Psychologist	-
Optometrist / Ophthalmologist		-	X-Ray / Radiologist	-
Audiologist		-	OMP	-
Dietitian		-	Ear, Nose & Throat Specialist	-
Occupational Healthcare Clinic		-	Other	-

I herewith give permission that the above information may be forwarded to my supervisor / manager.

Signature of Employee	Signature of OHNP	Signature of OMP
Jacob Johannes Venter	Mrs Diana Griffiths	Dr Clyde Green-Thompson
511081	SASHON: SASHON: 433	SASOM: SAS1270 / MP Reg No.: 0195952
	SANC: No. 12431490	PR No.: 1452908
Cape Town - Clinic, Cnr Kruis and Capricorn Way, Unit 15 Reserve 1 Brackenfell, Cape Town, Western Cape 0664747061, sales@carenetconsultants.co.za		



ANNEXURE 3

OCCUPATIONAL HEALTH AND SAFETY ACT 85 OF 1993

CONSTRUCTION REGULATIONS 2014, MEDICAL CERTIFICATE OF FITNESS

Company name	Japie Venter	Department	
Employee	Jacob Johannes Venter	ID/Passport no.	7812125245085
Company no.		Medical date	17-07-2024
Occupation	Project Manager	Medical expiry date	17-07-2025
Possible Exposures		Job Specific Requirements	Protective Equipment
Body injuries		Drilling	Dust mask
Cold		Grinding	Ear muffs / Earplugs
Confined spaces		Hand tools	Gloves
Dust		Lifting / moving material	Goggles/Face shields
Ergonomics		Use electrical tools	High visibility vest
Exposure to chemicals		Use hand tools	Prescribed Uniform
Exposure to fumes		Using ladders	Safety harness
Eye injuries		Working on Heights	Safety helmet/Hard hat
Fall Risk		Project Manager	Safety shoes / boots
Falling objects			Safety specs
Heat			
Lifting heavy objects			
Lighting			
Moving objects			
Noise > 85db			
Silica/Chrome dust			
Slippery Surfaces			
Vibration			

The Employer has provided the information above when the employee was brought for a medical examination.

Declaration by the Medical Examiner

I certify that I have, by examination and testing, using the above criteria specified by the employer, satisfied myself that the above mentioned employee is

Fit for duty - subject to further review

ANNEXURE 3**OCCUPATIONAL HEALTH AND SAFETY ACT 85 OF 1993****CONSTRUCTION REGULATIONS 2014, MEDICAL CERTIFICATE OF FITNESS**

The Employer has provided the information above when the employee was brought for a medical examination.

to perform the duties as described by the employer in the matrix above

Care Net Consultants Copyright © 2024		Cape Town - Clinic Cnr Kruis and Capricorn Way Unit 15 Reserve 1 Brackenfell Cape Town Western Cape 0664747061 sales@carenetconsultants.co.za
Signature of OHNP	Signature of OMP	
OHNP: Diana Griffiths	OMP: Dr Clyde Green-Thompson	
SASHON: SASHON: 433	SASOM: SAS1270 / MP Reg No.: 0195952	
SANC: No. 12431490	PR No.: 1452908	

CARE NET CONSULTANTS (PTY) LTD
C/O Kruis and Capricorn Way, Unit 15
Reserve 1 Brackenfell, Cape Town
Sr D.S Griffith
Nursing council number: 12431490
SASHON: 433
OMP - Dr Green
HPCSA: 1452908
MP Reg No.: 0195952

KEY METRIC REPORT



Occupational Health Medical Specialists

MEDICAL & COMPANY DETAILS		EMPLOYEE DETAILS	
Industry	Construction	Employee	Jacob Johannes Venter
Medical description	Working on Heights Medical	ID / Passport No.	7812125245085
Medical type	Periodical Medical	Department name	
Company name	Japie Venter	Job Description	Project Manager
VITALS			
Height:	180cm	Blood pressure	136/78
Weight:	92kg	Pulse	78 bpm
BMI:	28.40	Smoker	No
Glucose:	5.8	Vaping	No
AUDIO TEST RESULTS			
PLH:	13.6%	PLH Shift	-
VISION TEST RESULTS			
Test type	Vision - Snellen	Acuity (Left eye)	20/20
Glasses/Contacts worn	No	Acuity (Right eye)	20/20
Color blindness	No	Acuity (Both eyes)	20/20
SPIRO TEST RESULTS			
Outcome	Normal		
FVC	136	FVC Z-Score	1.96
FEV1	122	FEV1 Z-Score	1.2
FEV1 / FVC Ratio	72	FEV1/FVC Z-Score	-1.65
OTHER TEST RESULTS			
Urine test	Yes	Urine outcome	Normal
Cholesterol test	Not completed	Cholesterol outcome	-
Drug test	Not completed	Drug test outcome	-
X-Ray completed	Not completed	X-Ray outcome	Not completed

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SASHON: 433
OMP - Dr Green
HPCSA: 1452908
MP Reg No.: 0196952



Audiometric Test Results

Company :

JAPIE VENTER

Summary

Name :	Jacob Venter	Age :	45
ID Number :	7812125245085		
Company :	JAPIE VENTER		
Occupation :	PROJECT MANAGER		
Tested by :	Clinic		
Date of Test:	2024/07/17	Time:	11:08
Audio Type:	Screening		
Noise Exposure:	< 85 dB	Exposure date:	2024/07/17

	PLH	BL/Shift
Current	13.6	0
Previous	0	
Curr. - Prev.	13.6	
Baseline	0	0

Date	Time	Consultation	Audio Type	LDSHL	RDSHL	PLH	SHB	SHPrv	PBI	ABHL	CAT	RTS	
2024/07/17	11:08	Annual Med.	Screening	85	100	13.6	0	13.6	0	23.1	3C	70	1

Otoscopic Report

Left Ear : Clear

Right Ear: Clear

Comments:

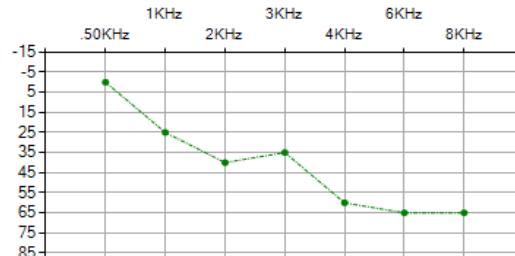
STS: L: 0 R: 0 Av.: 0
Pass 25db.: Y

Left Ear

L500	L1000	L2000	L3000	L4000	L6000	L8000	STS	Avg.	
15	10	30	30	70	60	55	0	43.33	(1)
									(2)
									(3)

Right Ear

R500	R1000	R2000	R3000	R4000	R6000	R8000	STS	Avg.	
0	25	40	35	60	65	65	0	45	(1)
									(2)
									(3)



Notes :

I, the patient, hereby grant permission for the above information to be disclosed to my supervisor/manager/company.

Patients signature:	
OHN / Operator :	 AR 7852
Date/Time printed:	2024/07/17 11:13

Audiometer Details

Model : Oscilla SM930

SerialNo : 930-13250-AS

Calibrated on : 2024/02/03

Calibrated by : Medical Solutions

AME SPIROMETER

Advanced Medical Engineering

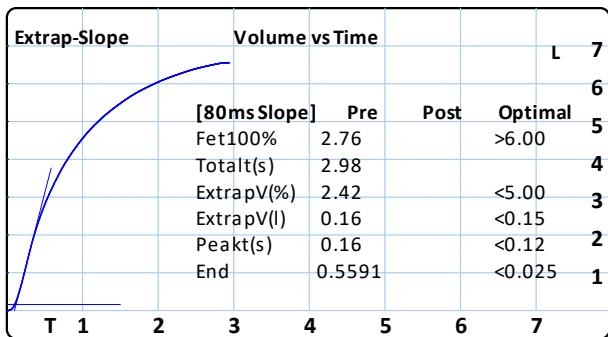
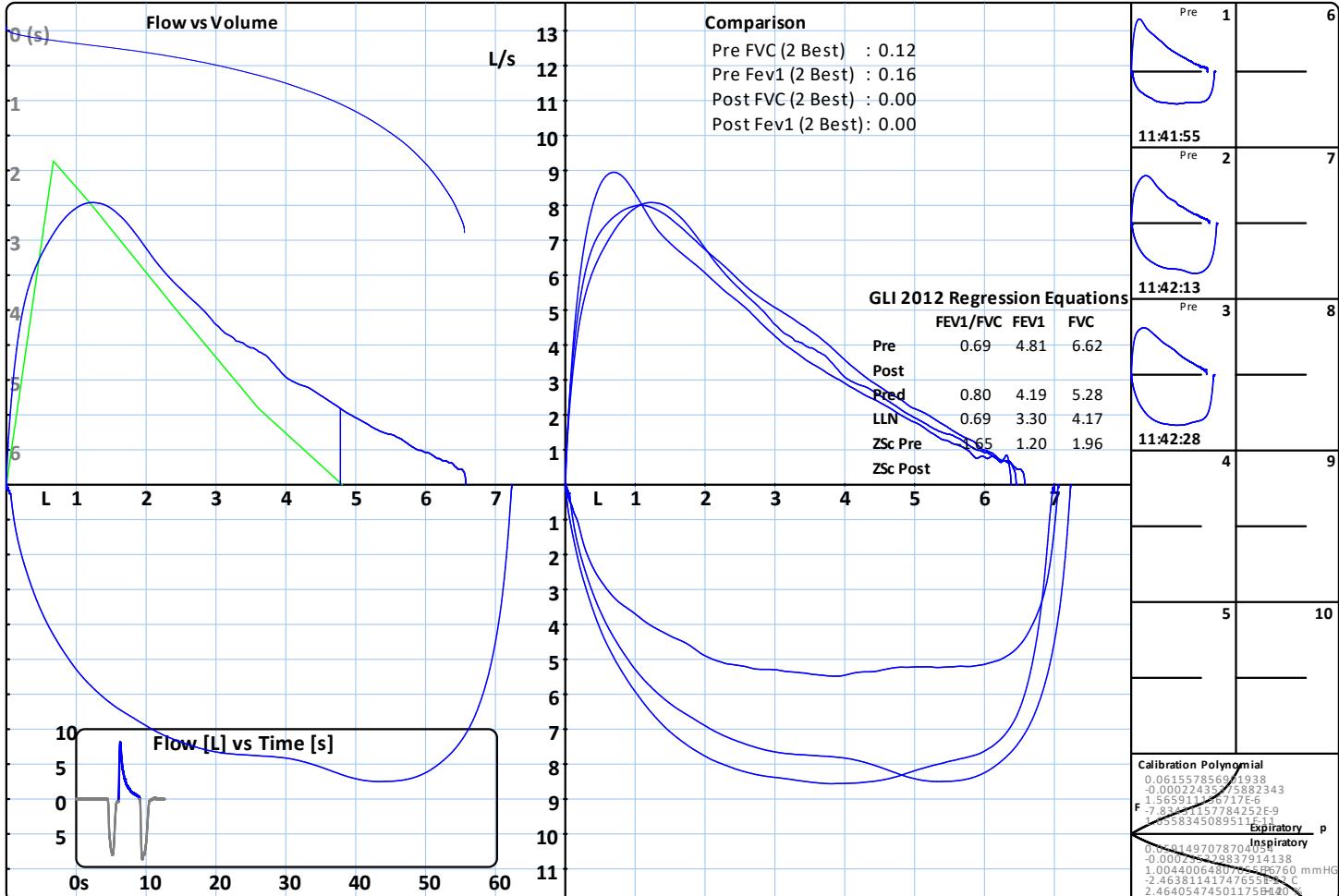
17 Jul 2024

11:41:55

Flow Volume Test

Code: 7812125245085
 Name: VENTER, JACOB
 Date of Birth: 12 Dec 1978
 Age and gender: 45 years old Male
 Occupation: PROJECT MANAGER
 Department: JAPIE VENTER
 Company: JAPIE VENTER

Height: 180 cm
 Weight: 92 kg
 BMI: 28.40
 Ethnic: Caucasian
 Phone: 0 pack years
 Smoking Illness:
 Doctor: LLOYD MADUWANE
 Phone: 0871535856
 Operator: STIAAN
 Environment: 300 mmHg, 15 C (59 F) G:32 1%
 Calibration: July 17, 2024, 07:04:21 AM (10)
 Checked: July 17, 2024, 07:01:25 AM
 Test Position: sitting



Manual Report

Medication:

Computer Interpretation (LLN = Lower Limit of Normal, FEV1% = FEV1/FVC*100)
 Spirometry within NORMAL limits: (FVC>=FVC LLN and FEV1%>=FEV1% LLN)
 Interpretation as assessed by Spirometry, clinical assessment may differ

Bronchodilator: none 0 hours ago

Pred	Best Pre		Best Post		Change	Best PRE Tests			Best POST Tests			Limits		
	value	%	value	%		#2	#3	#1	#2	#3	#1	Lo	Hi	Adj
ERS93	2.2	0.0	0.0	0.0		6.62	6.42	6.50	3.86	4.15	5.86	1.00	5.99	1.00
FVC	4.86	6.62	136.33			7.28	7.05	7.11	4.15	3.12	4.78	1.00		1.00
Fivc	5.07	7.28	143.67			4.81	4.97	4.66	67.41		90.81			1.00
Fev1	3.95	4.81	122.01			72.68	77.36	71.64						1.00
Fev1%	79.11	72.68	91.87			6.62	6.42	6.50						1.00
Fev3		6.62				6.62	6.42	6.50						1.00
Fev6		6.62				6.62	6.42	6.50						1.00
Fef25	8.05	7.67	95.19			7.67	7.47	6.70	5.25		10.85			1.00
Fef50	5.08	4.12	81.17			4.12	4.84	3.89	2.92		7.24			1.00
Fef75	2.19	2.00	91.39			2.00	2.46	1.95	0.99		3.39			1.00
FEF25-75	4.26	3.84	90.28			3.84	4.39	3.62	2.56		5.96			1.00
FEF75-85		1.63				1.63	2.06	1.56						1.00
FIF50		7.82				7.82	8.57	5.46						1.00
Pefr	9.27	8.10	87.38			8.10	8.02	8.96	7.29		11.25			1.00
Pifr		8.56				8.56	8.62	5.52						1.00
Fev1/Fev6		72.68				72.68	77.36	71.64						1.00

Identity Document



Employee Photo



Employee Signature

A handwritten signature in black ink, appearing to read "Jacob Johannes Marthinus Venter".