Point Lisas Nitrogen Limited

Human Resources & Communications Department

Foreign Visitor Handbook



Point Lisas Nitrogen Limited (PLNL) welcomes you to Trinidad and Tobago (T&T). We would like to ensure that your visit to our facility is a safe and productive one.

PLNL's facility is a world class ammonia production plant that utilizes some of the latest technologies available today in the petrochemical industry. More information on our Health, Safety, Security and Environment (HSSE) policies, process safety management (PSM) program and site-specific safety would be covered in the safety induction video and during the orientation process following your arrival on our site.

PLNL would like to ensure that your safety is not limited to our facility but extends throughout your visit to our shores. As a visitor you should be aware of up-to-date information regarding your health, safety, and security whilst here in T&T. We take this opportunity to provide you with some key guidelines and safety precautions before you arrive in Trinidad and Tobago.

Please ensure that you have your PLNL primary point contact information (name, phone, and e-mail) on your person upon arrival at any of our ports as this may be required by the immigration personnel on duty at the time of your arrival. Be clear regarding the purpose of your visit to PLNL and the expected duration. Be mindful that work permits would have to be obtained prior to your arrival in T&T, depending on the nature of you visit and the length of your stay. More details on the work permit requirements can be obtained via the following website link:

http://www.immigration.gov.tt/Services/Permits/WorkPermits.aspx.

Please take the time to read this document carefully and acquaint yourself with the information contained herein. Should you have any questions, do not hesitate to contact any of the persons on our contact list and we will do our best to answer your queries.

PLNL INFORMATION

Address:

Point Lisas Nitrogen Limited
P.O. Bag 38, Couva Post Office
North Caspian Drive
Point Lisas Industrial Estate (North)
Point Lisas, Couva
Trinidad, West Indies
Tel. Nos.: +1 (868) 636-3776/3775
Fax No.: +1 (868) 679-2452 (Plant)
+1 (868) 636-3768 (Admin)

CONTACT PERSONS

(1) **President – Fitzroy Harewood**
Telephone No.: +1 (868) 636-3776 ext. 231 (business)
+1 (868) 796-4753 (mobile)
E-mail: fharewood@plnl.co.tt

(2) **Plant Manager – Roger Williams**
Telephone No.: +1 (868) 636-3776 ext. 353 (business)
+1 (868) 720-6922 (mobile)
E-mail: rwilliams@plnl.co.tt

(3) **Human Resources & Communications Manager – Lorraine Charles**
Telephone No.: +1 (868) 636-3776 ext. 243 (business)
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(4) **HSSE Manager – Cindi Nandlal**
Telephone No.: +1 (868) 636-3776 ext. 228 (business)
+1 (868) 681-4244 (mobile)
E-mail: cnandlal@plnl.co.tt

GROUND TRANSPORTATION / TAXI SERVICES

First Class Taxi Services

#1 Homeland Gardens
Cunupia
Trinidad, West Indies
Tel. No.: +1(868) 473-8631 (Terrence Sookdeo)
+1 (868) 672-4691 (Office)
E-mail: terrance@firstclasstt.com

For bookings:

Email: admin@firstclasstt.com | firstclasstt@gmail.com

LINE 1: +1 (868) 473-8631 | +1 (868) 678-3469

LINE 2: 24/7 International Calls & SMS Response Centre: UK: +07507333354|US: +518 444-4983

LOCAL HOTEL ACCOMMODATION PROVIDERS

The following are some suggested options for accommodation.

Port of Spain

Hyatt Regency
Tel. No.: +1 (868) 623-2222
https://trinidad.regency.hyatt.com/en/hotel/home.html

Hilton Trinidad and Conference Centre
Tel. No.: +1 (868) 624-3211
http://www3.hilton.com/en/hotels/trinidad-and-tobago/hilton-trinidad-and-conference-centre-POSHIHH/index.html

Radisson Hotel Trinidad
Tel. No.: +1 (868) 235-2366
https://www.radisson.com/port-of-spain-hotel-tt/ttosptr

East Trinidad

Holiday Inn Express Hotel
Tel. No.: +1 (868) 669-6209
https://www.ihg.com/holidayinnexpress/hotels/us/en/trincity/poshi/hoteldetail

South Trinidad

Cara Suites Hotel and Conference Centre
Tel. No.: +1 (868) 659-2271
https://carasuites.com/

PRIVATE HEALTH CARE INSTITUTIONS

East Trinidad

Saint Augustine Private Hospital
2-4 Austin Street, St. Augustine
Trinidad, West Indies
Tel. No. +1 (868) 285-7274

Medical Associates Ltd
Cor. Albert & Abercromby Streets
St. Joseph
Trinidad, West Indies
Tel. No.: +1 (868) 662-2766

West Trinidad

West Shore Medical Private Hospital
239 Western Main Road
Port of Spain
Trinidad, West Indies
Tel. No.: +1 (868) 285-5019

North Trinidad

Saint Clair Medical Centre
18 Elizabeth Street
Port of Spain
Trinidad, West Indies
Tel. No. +1 (868) 628-1451

PRIVATE HEALTH CARE INSTITUTIONS (CONTINUED)

South Trinidad

Gulf View Medical Centre
715-716 McConnie Street
Gulf View, La Romaine
Trinidad, West Indies
Tel. No.: +1 (868) 285-4862

Southern Medical Services Co. Ltd.
26-34 Rupert Indar Snr Street
San Fernando
Trinidad, West Indies
Tel. No.: +1 (868) 652-4535

PUBLIC HEALTH CARE INSTITUTIONS

Port of Spain

Port of Spain General Hospital
Port of Spain
Trinidad, West Indies
Tel. No. +1 (868) 623-2951

East Trinidad

Eric Williams Medical Sciences Complex
Mount Hope
Trinidad, West Indies
Tel. No. +1 (868) 645-4673

South Trinidad

San Fernando General Hospital
San Fernando
Trinidad, West Indies
Tel. No. +1 (868) 225-4325

POLICE STATIONS

Police Administration Building
Corner Edward and Sackville Streets
Port of Spain, Trinidad, West Indies.
+1 (868) 627-5217

STATION/POST	ADDRESS	TELEPHONE NUMBERS	DIVISION/SECTION
Arouca	Five Rivers Junction, Arouca	640-6138	NORTHERN
Barataria	Third Avenue, Barataria	674–4723	NORTH EASTERN
Besson Street	#4 Piccadilly Street, Port of Spain	623 – 1395	PORT OF SPAIN
Carenage	School Street, Carenage	637–3123	WESTERN
Caroni	Old Southern Main Road, Caroni	662–4291	CENTRAL
Central Police Station	St. Vincent Street, Port of Spain	625–1261 625-2684	PORT OF SPAIN
Chaguanas	Cor. Chaguanas Main Road and Railway Road, Chaguanas	665–5271 665-4294	CENTRAL
Couva	Southern Main Road, Couva	636 – 2333 636-0200	CENTRAL
Cunupia	Southern Main Road, Cunupia (north of Chin Chin junction)	665 – 3080	CENTRAL
Four Roads	Diego Martin Main Road, Four Roads, Diego Martin	637 – 3860	WESTERN
Freeport	Mission Road, Freeport	673 – 0026	CENTRAL
Gasparillo	Bonne Aventure Main Road, Gasparillo	650 – 2193	SOUTHERN

STATION/POST	ADDRESS	TELEPHONE NUMBERS	DIVISION/SECTION
La Horquetta	De Freitas Boulevard, Maloney Gardens Arima	643–3857	NORTHERN
Longdenville Police Post	St Cyr Street, Longdenville	665–4539	CENTRAL
Malabar Police Post	#10 Banyan Boulevard, Malabar	643–2358 643 2514	NORTHERN
Maloney	Flamingo Boulevard, Maloney.	646-6504	NORTHERN
Marabella	Southern Main Road, Marabella	652–6777	SOUTHERN
Maracas/St. Joseph	LP #51 El Chorro Road, Maracas/ St. Joseph	663–1264	NORTHERN
Maraval	Saddle Road, Maraval	629–2001	WESTERN
Mayaro	Naparima Mayaro Road, Mayaro	630–4333 630-2468	EASTERN
Mon Repos	Naparima Mayaro Road, Mon Repos, San Fernando	657–9769	SOUTHERN
Morvant	Lady Young Avenue and Busby Street, Morvant	624–3737 627-2981	NORTH EASTERN
Piarco	Golden Grove Road, Piarco	669–1020	NORTHERN
Pinto Police Post	#3 Pinto Road, Arima	667–5217	NORTHERN
Princes Town	Naparima Mayaro, Princes Town	655–2231	SOUTHERN

STATION/POST	ADDRESS	TELEPHONE NUMBERS	DIVISION/SECTION
San Fernando	#3 Knox Street, Harris Promenade South, San Fernando	652-2858 652-1771 652-3206 652-9397	SOUTHERN
San Juan	Cemetery, San Juan	638–3416/0100	NORTH EASTERN
San Juan Sub-Station	Eastern Main Road, San Juan	675 – 3388	NORTH EASTERN
Santa Cruz	Saddle Road, Santa Cruz	676–8888/6000	NORTH EASTERN
Santa Flora	S.S Erin Road, Santa Flora	649–5555	SOUTH WESTERN
Scarborough	Young Street, Scarborough	639–2512/1200	TOBAGO
St. Clair	#6 Serpentine Road, St. Clair	622–4565/2262	PORT OF SPAIN
St. James	Cor. Lazare Street and Western Main Road, St. James	622–3695	WESTERN
St. Joseph	St Joseph Abercromby & Market Street, St. Joseph	662–4038/2522	NORTHERN
St. Margaret's	Southern Main Road, Claxton Bay	659–2530	SOUTHERN
St. Mary's Police Post	Moruga Road, St Mary's	656-6606	SOUTHERN

STATION/POST	ADDRESS	TELEPHONE NUMBERS	DIVISION/SECTION
Tunapuna	Cor. Eastern Main Road and Pasea Road, Tunapuna	645–7573	NORTHERN
West End	Cor. Diego Martin Main Road and Wendy Fitzwilliam Boulevard, Diego Martin	637–4226 637-6002	WESTERN
Woodbrook	Baden Powell Street, Woodbrook	628–9171 658-7163	PORT OF SPAIN

EMERGENCY NUMBERS



Emergency 911



Police 999



Fire 990



Ambulance 811

Crime Stoppers 800-TIPS (8477)



Anti-Crime Hotline 555



ODPM 800-ODPM (6376)

VISITORS FROM THE UNITED STATES OF AMERICA

Embassy Address and Information:

Embassy of the United States of America
15 Queen's Park West
Port of Spain
Republic of Trinidad and Tobago
Telephone: +1 (868) 622-6371

- U.S. Citizens with emergencies, please call +1 (868) 622-6371

- Safety and Security Information
  https://tt.usembassy.gov/improvements-safety-security-information/

- Arrest of a US Citizen
  https://tt.usembassy.gov/u-s-citizen-services/arrest-of-a-u-s-citizen/

- Victims of Crime
  https://tt.usembassy.gov/u-s-citizen-services/victims-of-crime/

- Emergency Financial Assistance
  https://tt.usembassy.gov/u-s-citizen-services/emergency-financial-assistance/

- Death of a US Citizen
  https://tt.usembassy.gov/u-s-citizen-services/death-of-a-u-s-citizen/

- Medical Assistance
  https://tt.usembassy.gov/u-s-citizen-services/doctors/. See attached list of Hospitals, Health Care providers and Doctors in Trinidad.

- International Parent Child Abduction
  https://tt.usembassy.gov/u-s-citizen-services/international-parental-child-abduction/.

The Overseas Security Advisory Council (OSAC) also provides an overview of the crime and safety situation in T&T. This can be access via the link below:

https://www.osac.gov/pages/ContentReportDetails.aspx?cid=21426. (See attachment).

VISITORS FROM THE UNITED KINGDOM

Embassy Address and Information:

British High Commission Port of Spain
19 St Clair Avenue
St Clair
Port of Spain
Republic of Trinidad and Tobago
Telephone: + 1 (868) 350-0444

If you're in Trinidad and Tobago and you need urgent help (for example, you've been attacked, arrested or someone has died), call +1 868 350 0444. If you're in the UK and worried about a British national in Trinidad and Tobago, call 020 7008 1500.

- Summary – https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago
- Safety and Security

  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/safety-and-security
- Terrorism
  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/terrorism
- Local Laws and Customs
  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/local-laws-and-customs
- Health
  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/health
- Natural Disasters
  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/natural-disasters
- Travel Advice and Support
  https://www.gov.uk/foreign-travel-advice/trinidad-and-tobago/travel-advice-help-and-support.