



2727 COWORKING / RESEARCH & PRACTICAL GUIDANCE

First Aid Requirements for Coworking Spaces in Quebec

Find a practical home for your work at 2727 Coworking in Montreal. Explore private offices, day workspaces and meeting rooms, plus business-address and virtual-mailbox services for your company.

Published by 2727 Coworking · 2026-10-24 · first aid requirements quebec · coworking first aid · workplace first aid · quebec coworking · cnesst · first aider coverage · shared office responsibilities · montreal workplaces · first aid worksheet

Original article: <https://2727coworking.com/articles/quebec-coworking-first-aid-coverage-worksheet>



In this article

1. Executive Summary
 2. Introduction and Background
 3. Key Changes
 4. Responsibility in Shared Offices
 5. Implementation Considerations and Process Changes
 6. Kits, Communications and Incident Records
 7. Pre-Contract Questions and Printable Verification Worksheet
 8. Data Analysis and Evidence
 9. Implications and Future Directions
 10. Frequently Asked Questions (FAQs)
 11. Conclusion
-

Executive Summary

Quebec coworking first-aid due diligence starts with the **member employer**, the applicable establishment and the hours employees actually work. The regulation requires continuous first-aider presence during working hours; its establishment baseline is **one first-aider for up to 50 workers present simultaneously**. Sharing a reception desk or street address does not, by itself, establish how independent employers fit the regulation's definition of an establishment. (legisquebec.gouv.qc.ca)

The amendment published on **January 28, 2026**, took effect on **February 12, 2026**. It introduced simultaneous-presence language and updated training provisions. The 50-worker baseline already appeared in the historical regulation, so describing the amendment as a new reduction from a 100-worker baseline would misstate the establishment rule. Recognized certificates issued before the effective date remain valid until their expiry. (publicationsduquebec.gouv.qc.ca) (legisquebec.gouv.qc.ca) (publicationsduquebec.gouv.qc.ca)

An operator's employee can potentially be designated: the Commission des normes, de l'équité, de la santé et de la sécurité du travail (**CNESST**) expressly permits a worker employed by another employer, subject to conditions. These include a valid workplace first-aid certificate and service to **only one establishment at a time**. Whether a particular shared-office arrangement satisfies that condition needs establishment-specific confirmation. A roster of trained people elsewhere in the building is insufficient evidence for that decision. (cnesst.gouv.qc.ca)

Before employees start using a site, the recommended evidence package is a written designation, certificate verification, a coverage schedule, named substitutes, an accessible kit and an agreed emergency and record-handling procedure. The Quebec occupational-health network reiterates the employer's duty to ensure the required trained, certified first-aiders are present; the Canadian Centre for Occupational Health and Safety (**CCOHS**) recommends naming sufficient alternates in emergency plans. (santeautravail.qc.ca) (ccohs.ca) This report's worksheet turns those principles into questions for daytime, evening and absence coverage. Its recommended contract records are practical due-diligence tools, rather than prescribed statutory forms. Montreal public-health guidance supports having an emergency plan; Quebec privacy guidance also requires protecting personal information collected during its operation. (santepublicquemontreal.ca) (cai.gouv.qc.ca)

Introduction and Background

A founder choosing a shared office needs a usable answer to a specific question: **who can provide the required first aid while this team's employees are there?** A membership description mentioning safety, reception or a first-aid kit does not contain enough information to answer it. The practical review should connect the workplace, the member employer, the designated person and the period of work. Quebec's public occupational-health network frames the core obligation around the presence of the required trained and certified first-aiders. (santeautravail.qc.ca)

The French search terms **workplace first aid** and **workplace first-aid** commonly appear as “secourisme en milieu de travail” and “secouriste au travail” in Quebec guidance. This report uses the English terms and examines the provincial establishment rules as available on **October 24, 2026**. Its focus is a startup or small employer placing staff in a Montreal shared office, rather than a construction site or forestry operation.

The key boundary is the **establishment**, a defined legal concept involving facilities grouped on a site under common or related authority. A floor plan helps describe the premises, but cannot resolve that legal classification alone. Readers should identify the arrangement they propose to rely on before asking CNESST or qualified Quebec counsel to confirm its application. (legisquebec.gouv.qc.ca)

The report separates statutory requirements from recommended verification steps. Its worksheet asks for evidence that can be checked before occupancy and updated afterward. CCOHS similarly recommends identifying first-aid facilities and attendants within a health and safety program. (ccoqs.ca) Course descriptions also need checking: St. John Ambulance lists Quebec CNESST training separately from its cardiopulmonary resuscitation (**CPR**) and automated external defibrillator (**AED**) offerings. A generic “CPR trained” description does not identify which workplace qualification a person holds. (sja.ca)

Key Changes

What changed in the 2026 amendment

The Gazette amendment and the historical regulation should be read together. The amendment's commencement clause produces the **February 12, 2026** effective date. Comparing the historical wording with the current provision shows the change from workers assigned to a shift to workers **present simultaneously**. The older provision already specified the 50-worker baseline. (publicationsduquebec.gouv.qc.ca) (legisquebec.gouv.qc.ca)

That distinction affects the information a manager should gather. A payroll total, the number of purchased desks and a building's advertised capacity describe different things. The recommended count record should show actual expected overlap during work, then explain any exclusions. It should also identify the establishment being counted, rather than silently combining unrelated membership lists.

Table 1 reproduces CNESST's establishment bands, with the final row explained using the regulation's additional-worker rule. Applicability to several employers occupying shared premises must be checked before using a combined count.

Workers present simultaneously in the applicable establishment	Required first-aiders	How to use the band
50 or fewer	1	Small teams have no general exemption merely because their headcount is low. (legisquebec.gouv.qc.ca)
51 to 150	2	Apply the next band when the simultaneous count passes the initial threshold. (cnesst.gouv.qc.ca)
From 151	Add one for every additional group of 100 workers, including a fraction of a group	Apply the additional-worker rule; the first additional group begins above 150. (cnesst.gouv.qc.ca)

The table identifies the minimum simultaneous requirement, rather than the total number of people a business should train. Absences, different working periods and staff duties can require a larger roster to maintain that minimum. CCOHS's recommendation to identify alternates is useful for designing that roster, although it is general planning guidance rather than the Quebec statutory counting formula. (ccohs.ca)

CNESST excludes teleworkers from this calculation, while the regulation excludes workers present for **less than 30 minutes**. Record the basis for an exclusion; do not assume that an employee becomes a teleworker simply because the employer's main office is elsewhere. Uncertain classifications should be referred to CNESST with a description of the actual working arrangement. (cnesst.gouv.qc.ca) (legisquebec.gouv.qc.ca)

Training, certificate transition and equipment references

The current training provision specifies competencies at the **CSA Z1210 intermediate level** and a practical demonstration. Certificates have a maximum validity of **three years**. (legisquebec.gouv.qc.ca) The amendment preserves recognized certificates issued before its effective date until expiry, so employers should check the existing certificate rather than presume it became invalid when the rules changed. (publicationsduquebec.gouv.qc.ca)

The amendment also replaces the dated kit-standard reference with **CSA Z1220**. CNESST's current equipment guidance uses that undated designation. ANSI's catalogue identifies a **2024** edition replacing the **2017** edition, but a catalogue entry alone does not establish every legal incorporation or transition question. Confirm the applicable requirements with the relevant authority before ordering against an edition number. (cnesst.gouv.qc.ca) (webstore.ansi.org)

Responsibility in Shared Offices

Member employer, operator and designated first-aiders

The **member employer** should own the decision about the arrangement on which its employees will rely. A recommended implementation record should identify that employer, the premises, the relevant work periods and the designation being relied on.

The **workspace operator** is the practical source for information about controlled doors, reception coverage, common equipment and building procedures. Treat those as questions to verify for the specific site. A useful answer names the person supplying the information, the document that supports it and the hours to which it applies. CCOHS recommends consulting outside organizations when an emergency plan depends on their resources. (ccohs.ca)

The **designated first-aid**er needs a defined service arrangement that allows effective intervention. CNESST permits designation of another employer's worker, but says their work must not compromise intervention speed or effectiveness. A useful due-diligence question is whether their other duties, location or access restrictions interfere with reaching the member's employees. (cnesst.gouv.qc.ca)

For the shared-office handoff, the limiting condition is service to **one establishment at a time**. The retrieved guidance does not resolve whether a particular collection of independent member employers meets that condition. It therefore supports a possible third-party designation, not an automatic conclusion that one receptionist covers all tenants. (cnesst.gouv.qc.ca)

Before relying on an operator arrangement, the recommended written record identifies:

- **Employer:** the legal entity placing employees at the site.
- **Premises:** the rooms, common areas and access routes involved.
- **Designation:** the proposed first-aid-er and their employing organization.
- **Availability:** the work periods during which the person is present.
- **Substitution:** the named person covering each planned absence.
- **Confirmation:** the establishment-specific advice obtained where the arrangement is uncertain.

These fields are recommended evidence, not a prescribed contract template. They implement the general planning principle that emergency duties, authority and resources should be clearly defined. (ccohs.ca)

Matters a membership contract cannot settle by assertion

A statement that “first aid is included” should trigger a request for the underlying arrangement. A recommended next step is to provide CNESST or counsel with the employer list, control structure, layout and proposed designation, alongside the proposed service agreement.

A larger shared site also raises a separate question. Section 11 addresses a first-aid room in an establishment having **more than 100 workers**, and requires its availability during working hours. Its wording should not be silently replaced with section 3's simultaneous-count test, or applied to a building total without checking the establishment boundary. (legisquebec.gouv.qc.ca)

Implementation Considerations and Process Changes

Test every period employees intend to work

The useful unit for a coverage worksheet is an **actual period of employee work**. Start with the member's intended schedule and compare it with the first-aid-er's presence. Record evening work, early arrivals and weekend use where applicable. General emergency-planning guidance supports identifying alternates for

responsible positions. (ccohs.ca)

An access permission and a coverage promise answer different questions. For each proposed period, ask whether the person is present, can enter the relevant room, can be contacted and can leave their other duties. A recommended walk-through should trace that complete route. Write down unresolved points instead of treating a building-wide staff directory as a confirmed assignment.

Use the following recommended checks when an absence or schedule change occurs:

- **Vacation:** confirm the substitute before the regular first-aider leaves.
- **Sickness:** identify who checks availability before employees arrive.
- **Lunch and breaks:** establish how coverage continues during the break.
- **Off-site duties:** record whether a designated person leaves the premises.
- **Evenings:** compare employee work with the end of staffed coverage.
- **Weekends:** verify presence separately from weekday arrangements.
- **Certificate expiry:** replace reliance on an expired qualification with verified coverage.
- **Change control:** require notice when a designated person or access arrangement changes.

The list operationalizes the coverage test; it does not set a statutory number of backups. CCOHS recommends sufficient alternates and clearly assigned responsibilities, which provides a sound basis for choosing substitutes around the actual schedule. (ccohs.ca)

Verify the person and qualification

Ask for the **course name, issuing organization, certificate identifier, issue date and expiry date**. Where St. John Ambulance issued the certificate, its replacement guidance says certificates are numbered and electronically recorded in a centralized national database. That offers a route for resolving a missing document; it is a statement about that issuer's system, not every provider's verification process. (sja.ca)

CNESST describes the workplace course as **16 hours**, with renewal requiring the course to be repeated. (cnesst.gouv.qc.ca) A course title should therefore be matched to the workplace qualification required, rather than accepted because it contains the words CPR or AED. St. John Ambulance's Quebec course description includes first-aider roles, responsibilities and regulation, providing another useful check on what course is being represented. (sja.ca)

Connect internal coordination to external emergency help

The site plan should show how a worker alerts the designated person and how external responders are contacted. Montreal public-health guidance recommends displaying emergency telephone numbers where everyone can see them. (santepublicquemontreal.ca) A site-specific notification route can sit alongside the public emergency call: Quebec's Institut national de la recherche scientifique (**INRS**) directs people facing a life-threatening emergency to contact emergency services and then notify its internal emergency team. This is an institutional example of coordination, not a coworking procedure to copy unchanged. (inrs.ca)

Kits, Communications and Incident Records

Verify access and inventory together

CNESST says every employer must provide an adequate number of kits, accessible near the work area, and keep their contents clean, complete and in good condition. It assigns the workplace risk assessment used for kit selection to the employer. (cnesst.gouv.qc.ca) A shared kit can therefore be evaluated as a proposed arrangement, but its presence alone does not answer the employer's adequacy and access questions.

The recommended inspection should identify the kit location, access route, inventory record and replenishment owner. Ask what happens when reception closes or a room is locked. The Red Cross products store recommends inspecting existing kits and acquiring missing items, a purchasing recommendation consistent with checking actual contents rather than relying on a label. (products.redcross.ca)

A supplier's certificate is not the central proof: CNESST says a guarantee or certificate of compliance is not required. (cnesst.gouv.qc.ca) A better evidence package is the applicable contents checklist, a dated inspection and responsibility for replacing supplies. ANSI's standard listing also directs users to confirm legislative requirements with the relevant authority, which matters where a supplier's catalogue and legal requirements use different edition descriptions. (webstore.ansi.org)

Recommended kit and access fields are:

- **Location:** where employees can physically reach the kit.
- **Inventory:** the checklist used and the inspection date.
- **Risk basis:** who selected the kit for the work performed.
- **Availability:** access during each period of employee work.
- **Replenishment:** who checks supplies after use.
- **Escalation:** who corrects a locked, missing or incomplete kit.

Make emergency communication usable at the desk

Sections 12 and 13 address immediate communication with emergency services and signs for locating kits, communications and other first-aid equipment. Section 14 calls for conspicuous first-aider identification, including their names, jobs and work locations. (legisquebec.gouv.qc.ca)

For Montreal users, Urgences-santé directs emergencies to **9-1-1**. (urgences-sante.qc.ca) Montreal police advise callers to provide the emergency's location and nature. Their guidance distinguishes the address information associated with landlines from mobile location information, reinforcing the practical value of having the site's address and room details ready. (spvm.qc.ca)

Quebec ambulance guidance recommends clearing access routes and, when possible, sending someone to guide arriving paramedics. The recommended workspace plan should identify who can open the entrance and lead responders to the room while others maintain the immediate response. (quebec.ca)

Agree how an intervention is recorded

CNESST assigns register completion to the first-aiders who assist and requires the first-aiders and injured worker to sign. Entries include the event and injury information and the first aid provided. (cnesst.gouv.qc.ca) Agree in advance which register is used, how the member employer receives necessary information and who stores completed records.

Keep the accessible **blank form** separate from decisions about access to completed health-related records. Quebec's privacy commission says businesses should collect only necessary personal information and protect what they collect. Outsourcing collection does not remove those collection obligations. (cai.gouv.qc.ca) The recommended handoff should identify authorized recipients and secure storage without treating a public reception binder as an automatically suitable destination for completed records.

Pre-Contract Questions and Printable Verification Worksheet

A useful pre-contract request asks the operator for the **arrangement and its limits**, then tests it against the member's intended use. CCOHS recommends consulting outside organizations where the plan relies on their resources. That principle supports asking for a joint written explanation before employees depend on the service. (ccohs.ca)

Table 2 is a printable evidence worksheet. The statements in its first column are **illustrative claims to test**, not statements about any particular operator. Complete the named-person and hours fields with the operator and proposed first-aiders. Add the member employer's reviewer beside each unresolved item.

Operator claim to test	Supporting document requested	Named person	Hours covered	Gap to record	Recommended remedy
"Our first-aiders covers your team."	Designation and explanation of the establishment covered	Name and employer: _____	Confirmed periods: _____	Whether the one-establishment condition fits	Obtain establishment-specific confirmation before relying on the designation. (cnesst.gouv.qc.ca)
"The certificate is current."	Course, issuer, identifier and expiry evidence	Certificate holder: _____	Expiry checked: _____	Missing or ambiguous qualification	Verify with the issuer; St. John Ambulance describes a numbered certificate database for its certificates. (sja.ca)
"Someone is always available."	Roster and absence substitution plan	Primary and substitute: _____	Each work period: _____	Break, leave or evening gap	Assign a verified alternate and test the handoff. (ccohs.ca)
"There is a stocked kit."	Location, inventory and inspection record	Inspection owner: _____	Accessible periods: _____	Missing supplies or access restriction	Inspect contents and obtain missing supplies. (products.redcross.ca)

Operator claim to test	Supporting document requested	Named person	Hours covered	Gap to record	Recommended remedy
"Emergency services can find us."	Address, entrance and internal direction sheet	Caller and entrance guide: _____	Access arrangements: _____	Locked entrance or unclear room location	Confirm location details and responder access. (spvm.qc.ca) (quebec.ca)
"We keep incident records."	Blank form and record-handling procedure	Recorder and custodian: _____	Handoff arrangements: _____	Unclear recipients or storage	Define necessary collection and protected storage. (cai.gouv.qc.ca)

A row is complete when the evidence answers the member employer's actual question. A person's name without confirmed hours leaves a scheduling gap. An inventory without an accessible location leaves an access gap. The worksheet should expose those gaps early enough to arrange coverage, amend working periods or obtain advice before employees begin relying on the proposed setup.

Recommended sign-off fields are:

- **Member employer:** legal name and person approving the arrangement.
- **Workspace:** site address, floor, rooms and relevant common areas.
- **Working pattern:** planned employee presence, including occasional periods.
- **Counting basis:** the establishment and simultaneous-worker assumptions.
- **Primary first-aider:** name, employer and verified certificate details.
- **Backup first-aider:** name, confirmed availability and qualification.
- **Evidence reviewed:** document names, dates and verification owner.
- **Open questions:** the issue, person answering it and required resolution.
- **Readiness decision:** confirmed coverage or work periods needing adjustment.
- **Review trigger:** the next expiry, schedule change or staffing change.

For the final walk-through, ask an employee to find the first-aider identification, kit, emergency address information and blank register. Then check the route by which responders would enter. Montreal public-health guidance supports a workplace emergency plan and visible emergency numbers; the walk-through is this report's recommended way to test whether the written plan is usable. (santepublicquemontreal.ca)

Data Analysis and Evidence

Count people present, then test the roster

The quantitative core is a **time-and-presence calculation**, rather than an industry average. Table 1 gives the statutory minimum bands. A founder should separately record the expected simultaneous worker count, the required first-aiders and the confirmed first-aiders actually available. Keeping these fields separate prevents a list of certificate holders from being mistaken for continuous coverage. The underlying legal test remains presence throughout working hours. (legisquebec.gouv.qc.ca)

Shift-coverage test (Hypothetical Example)

Table 3 illustrates a small team with an operator-provided daytime first-aiders and a separately verified weekend substitute. **All names, hours and worker counts are invented.** The required-count column applies the establishment baseline for the example's assumed applicable establishment; it does not establish that the operator's designation is legally suitable for a real member employer. (legisquebec.gouv.qc.ca)

Employee work period	Workers present	First-aiders required	Confirmed first-aiders present	Coverage result and proposed action
Weekdays, 08:30 to 17:30	8	1	1, Alex	Covered under the example's assumptions; verify Alex's designation and availability.
Weekdays, 17:30 to 20:00	3	1	0	Coverage gap; arrange qualified presence or adjust employee working periods.
Saturday, 09:00 to 12:00	2	1	1, Ravi	Covered only when Ravi's presence and applicable designation are confirmed.

The evening row is the decision point. Reducing the number of employees does not remove the example's minimum; the missing first-aiders must be addressed. The weekend row shows why named backup coverage is more useful than an unspecified assurance that another trained member might attend. CCOHS's recommendation to name sufficient alternates supports that practical distinction. (ccohs.ca)

Training capacity and cost ownership

A staffing plan should distinguish the **minimum required at a time** from **the number trained across the roster**. Training additional people affects employee availability as well as any provider charge. The recommended staffing plan should hold certificate and renewal records alongside planned leave and work schedules.

CNESST states that first-aid service setup and maintenance costs are borne by the employer. Its training subsidy is paid to the training organization where the program's conditions are met. Treat subsidy eligibility as a separate check, rather than assume that training, employee time and kit maintenance are all covered by a membership or reimbursement. (cnesst.gouv.qc.ca)

The worksheet's recommended budgeting fields are course charges, employee training time, kit replenishment and any agreed service arrangement. Record each payer explicitly. These are planning categories, not a published coworking price benchmark. CCOHS's broader program guidance also includes transport arrangements and injury-recording procedures, both of which can require coordination beyond buying a kit. (ccohs.ca)

Implications and Future Directions

The practical consequence of the amendment is a stronger reason to maintain a **living coverage record**. A schedule that was adequate at move-in may need adjustment when employees begin working later, the designated person changes duties or a substitute becomes unavailable. The public occupational-health

network's emphasis on the presence of trained, certified people remains the appropriate test for reviewing such changes. (santeautravail.qc.ca)

A recommended operating practice is to have the member employer and operator identify a single contact for updating each part of the arrangement. The first-aiders can confirm their qualification and availability; the operator can confirm premises access and controlled equipment; the member employer can confirm intended employee presence. This is an allocation of verification tasks, not a conclusion that all legal duties transfer to the operator. CCOHS recommends clearly defined emergency duties, authority and resources. (ccohs.ca)

Review should be triggered by changes in schedules, headcount, room access, certificate validity or the person designated. CCOHS recommends reviewing an emergency plan at least **annually**, as well as correcting shortcomings. That interval is general planning guidance, not a Quebec statutory annual-review rule established by this report. (ccohs.ca)

Standards references also deserve a dated check. ANSI's listing explains that users must confirm legislative requirements with the relevant authority. A supplier's newer catalogue, an older kit label and a membership document can describe different things. The recommended evidence record should preserve which requirements were checked, by whom and when. (webstore.ansi.org)

For a founder comparing workspaces, the useful distinction is the quality of the **verifiable arrangement**: a named person, an applicable designation, actual presence, accessible equipment and a workable handoff. The worksheet makes those considerations comparable without inventing a safety score for individual providers.

Frequently Asked Questions (FAQs)

Who is responsible for first aid in a coworking space?

The Quebec regulation places duties on the employer in an establishment. The operator may supply part of the arrangement, but the member employer should establish what it can rely on for its employees. Identify the establishment and proposed designation before assuming shared premises combine employer responsibilities. (legisquebec.gouv.qc.ca)

How many first-aiders does a small Quebec business need?

The establishment baseline is **one for up to 50 workers present simultaneously**. Table 1 covers the higher bands. Required coverage and the number of trained people across the roster are separate questions: different work periods and absences can make additional qualified people necessary to keep coverage available. (legisquebec.gouv.qc.ca)

Can another employer's certified worker cover the team?

CNESST permits this under conditions, including a valid workplace first-aid certificate and service to **one establishment at a time**. Whether an operator employee can cover a particular member employer's arrangement needs confirmation. Ask about the actual site and proposed designation rather than requesting a general answer about coworking. (cnesst.gouv.qc.ca)

What happens when the usual first-aid is absent?

The coverage requirement continues during working hours. The recommended response is a verified substitute whose presence matches employee work, or an adjustment that removes the uncovered work period. An emergency plan should name enough alternates for responsible positions, according to CCOHS guidance. (legisquebec.gouv.qc.ca) (ccohs.ca)

Does a kit or an AED establish adequate coverage?

Equipment and qualified-person coverage answer different questions. The recommended evidence package checks both. CNESST also says employers must ensure training for specialized equipment they supply. An equipment label cannot verify the qualification or availability of a designated first-aid. (cnesst.gouv.qc.ca)

When should the employer ask CNESST or Quebec counsel?

Seek establishment-specific advice when independent employers propose sharing one designated person, the counting boundary is unclear, or a larger site's room requirements may apply. Provide the floor plan, employer identities, actual work periods, control arrangements and proposed roster. The establishment definition and the separate room provision explain why those details matter. (legisquebec.gouv.qc.ca)

Conclusion

For a Montreal employer choosing a coworking membership or private office, first-aid readiness should be an **evidence-based occupancy decision**. The recommended review connects the applicable establishment, intended employee work periods, the designated person, backup coverage and accessible equipment.

The worksheet provides a practical way to make that review concrete. Ask the operator to identify the arrangement it proposes, obtain certificate and schedule evidence, record the gaps and assign an owner to each remedy. Keep the completed version available for updates when staff, work periods or access arrangements change. CCOHS's guidance on defined duties and resources supports that approach. (ccohs.ca)

A small team should pay particular attention to the edges of its working day. Written confirmation of coverage should match the hours employees intend to use, including periods when reception or other ordinary services may have ended. Equipment access, emergency directions and record handling should be checked alongside the staffing arrangement.

Where the shared-site designation is uncertain, obtain a specific answer from CNESST or qualified Quebec counsel before relying on it. The desired result is a documented arrangement that works for the actual team and premises, with unresolved periods addressed before employees begin using them. A completed worksheet is useful evidence of that review; it does not itself constitute regulatory approval.

Source links

Links cited in this article, in order of first appearance. Full addresses are provided for readers using extracted text.

1. <https://www.legisquebec.gouv.qc.ca/fr/document/rc/A-3.001%2C%20r.%2010>

2. https://www.publicationsduquebec.gouv.qc.ca/fileadmin/gazette/pdf_encrypte/gaz_entiere/2604-F.pdf
3. <https://www.legisquebec.gouv.qc.ca/fr/version/rc/A-3.001%2C%20r.%2010?code=se%3A3&historique=20201217>
4. <https://www.cnesst.gouv.qc.ca/fr/prevention-securite/secourisme-en-milieu-travail/formation-secourisme-en-milieu-travail>
5. https://santeautravail.qc.ca/PSPS_Secouriste
6. <https://www.ccohs.ca/oshanswers/hsprograms/planning.html?=&wbdisable=true>
7. <https://www.santepubliquemontreal.ca/conseils-et-prevention/conseils/premiers-secours>
8. https://www.cai.gouv.qc.ca/protection-renseignements-personnels/information-entreprises-privées/collecte-renseignements-personnels_entreprises
9. <https://www.ccohs.ca/oshanswers/hsprograms/basic.html>
10. <https://sja.ca/en/first-aid-training>
11. <https://www.cnesst.gouv.qc.ca/en/prevention-and-safety/first-aid-workplace/first-aid-equipment>
12. <https://webstore.ansi.org/standards/csa/csaz12202024>
13. <https://www.legisquebec.gouv.qc.ca/en/document/cr/A-3.001%2C%20r.%2010>
14. <https://sja.ca/en/first-aid-training/certificate-replacement>
15. <https://www.cnesst.gouv.qc.ca/fr/prevention-securite/secourisme-en-milieu-travail/devenir-secouriste-en-milieu-travail>
16. <https://sja.ca/en/training/first-aid/CNESST-cardio-secours-16-hours>
17. <https://inrs.ca/mesures-d-urgence>
18. <https://products.redcross.ca/pages/changes-to-csa-standards>
19. <https://www.urgences-sante.qc.ca/nous-joindre>
20. <https://spvm.qc.ca/en/Fiches/Details/911>
21. <https://www.quebec.ca/en/health/health-system-and-services/pre-hospital-emergency-services/what-to-do-emergency-requiring-ambulance>
22. <https://www.cnesst.gouv.qc.ca/fr/prevention-securite/secourisme-en-milieu-travail/registre-daccidents-dincidents-premiers-secours>
23. <https://www.cnesst.gouv.qc.ca/fr/prevention-securite/secourisme-en-milieu-travail/qui-paie-formation-pour-secourisme-en-milieu>

THE PUBLISHER

About 2727 Coworking

2727 Coworking is a Montreal workspace and business-address provider. We serve people who need a place to focus, meet, run a small business or establish a professional mailing presence. Our website offers English and French information about workspace options and services, alongside educational resources for operating a business in Canada.

A workspace that fits the day

Our workspace options include private offices, day passes and desks, and a conference room. These formats help individuals and teams compare a dedicated office with more flexible ways to work or hold a meeting. Prospective members can explore the virtual tour, review current pricing and book a visit before choosing a workspace.

Business addresses and mail

2727 Coworking provides business-address and virtual-mailbox services. Our resources explain the documents and practical questions involved, including guidance for people outside Canada. Service eligibility, included features, availability and access arrangements should be confirmed on the applicable service page or with our team.

Resources for Canadian small businesses

We publish guides, research and planning tools about workspace decisions, business addresses and starting a business in Canada. Our incorporation research includes information for people inside Canada and abroad, with jurisdiction-specific material to help readers identify the next questions to investigate. These educational resources complement our workspace and address services; they are not individualized legal, tax or immigration advice.

Visit or contact 2727 Coworking

Explore [private offices](#), [day passes and desks](#), [the conference room](#), [business addresses](#) and [virtual mailboxes](#). [Book a visit](#) or [contact the team](#) to discuss your needs.

A business address alone does not establish tax residence, immigration status, banking approval or eligibility for a government program.

Website: <https://2727coworking.com>

This article is educational. Verify consequential medical, legal, financial, regulatory and technical decisions with appropriate professionals and the cited primary sources. Company services are described separately from the article's research findings.