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On Behalf Of:  
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I currently work for Union Pacific. This happened several years ago on a trip from Hermiston Oregon to La Grande Oregon. At the time I was a conductor. We were traveling east and had just cleared or gone past Pendleton. Near Mission crossing the engineer told me he was feeling dizzy. After a few more miles he was feeling worse and was worried he might pass out. We decided the safest course was to stop the train before that could happen. As we were stopping I contacted our dispatcher and explained what was going on. I directed where exactly we were in regards to local highways so paramedics could get to us. I later had to direct a new crew for the train to us as well. I sat with the engineer monitoring his condition, checking his pulse and breathing till paramedics arrived. Thankfully in the end he was fine. But with only one person on the train this could have a very different outcome. Trains through out Oregon travel sometimes through very remote areas. Some locations if we stop we aren't accessible easily by first responders, if at all depending on the time of year. Trains also have reached an impressive length of over 3 miles at times. It simply isn't safe or practical to have 1 person try to fix that by themselves if something goes wrong. Are there times when two people aren't needed? Yes of course, but when something arises and two are needed waiting could have drastic consequences.