

# **GUIDE TO RAILROAD ACCIDENTS, INJURIES & BENEFITS**

1. [General Overview](#)
2. [Accident Report: Very Important Document](#)
  - Union Pacific Report of Personal Injury Form
3. [As a Spouse How Can I Help if My Railroad Worker is Injured?](#)
4. [Directory of Benefits](#)
5. [Railroad Retirement Board Information](#)
  - Railroad Unemployment & Sickness Benefits
  - Sickness Benefits Application (see back pocket)
  - Applying for Railroad Retirement Annuity
  - Railroad Retirement Spouse Benefits
  - Medicare
  - Locations of RRB offices
6. OSHA Whistleblower Fact Sheet