FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).		ursuant to Section 3 or Section 30(h) of
Name and Address of Reporting Person*	2	2. Issuer Name and

GES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Welch Martin J						2. Issuer Name and Ticker or Trading Symbol Employers Holdings, Inc. [EIG]										olicable)	g Person(s) to	S Owner
(Last) (First) (Middle) 10375 PROFESSIONAL CIRCLE						3. Date of Earliest Transaction (Month/Day/Year) 05/19/2009								X	belov	,	Oth belo OO, EICN 8	,
(Street) RENO (City)	NV (St		39521 Zip)		4. If <i>i</i>	Amen	dment,	Date o	of Origina	al Filed	d (Month/Da	ay/Year)		6. Indi Line)	Forn	n filed by One n filed by Mor	o Filing (Chec e Reporting P re than One R	erson
		Tabl	e I - No	n-Deriv	ative	Sec	uritie	s Ac	quired	, Dis	posed o	f, or E	Bene [®]	ficially	Owne	ed		
Date			2. Transa Date (Month/D	Execution I		Date,	Transaction Dispos		4. Securiti Disposed				Securi Benef	rities ficially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect		
									Code	v	Amount	nt (A) or (D)		Price		Transa	action(s) 3 and 4)	(11311.4)
Common Stock, par value \$0.01 05/19			05/19/	/2009	2009			P		1,000	A	1	\$12.085	19,500		D		
		Та									osed of, onvertib				wned			
1. Title of Derivative Security (Instr. 3)	rivative Conversion Date Execution Date, curity or Exercise (Month/Day/Year) if any		Code (III	ransaction of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year) Date Expiration Exercisable Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) Amount or Number of Title Shares		Der Sec (Ins	rice of ivative urity tr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownersh Form: Direct (D) or Indirec (I) (Instr.	Beneficial Ownership t (Instr. 4)				

Explanation of Responses:

Remarks:

/s/ Martin J. Welch

05/20/2009

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.