Nelson Ann W Form 4 May 25, 2012

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16. Form 4 or

Washington, D.C. 20549

January 31, Expires: 2005 Estimated average

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

burden hours per 0.5 response...

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Nelson Ann W			2. Issuer Name and Ticker or Trading Symbol Employers Holdings, Inc. [EIG]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)		
			(Month/Day/Year)	Director 10% Owner		
10375 PROFESSIONAL CIRCLE		CIRCLE	05/23/2012	X Officer (give title Other (specify below)		
				EVP, Corp. & Public Affairs		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
RENO, NV 89521				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)		sed of		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial O) Ownership ct (Instr. 4)	
Common			Code V	Amount		Price	(Instr. 3 and 4)			
Stock, par value \$0.01	05/23/2012		M	1,750	A	\$ 11.84	40,967	D		
Common Stock, par value \$0.01	05/23/2012		S	1,000	D	\$ 17.2	39,967	D		
Common Stock, par value \$0.01	05/23/2012		S	750	D	\$ 17	39,217	D		

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Common Stock, par value \$0.01	05/23/2012	S	7,000	D	\$ 17	32,217	D
Common Stock, par value \$0.01	05/23/2012	S	400	D	\$ 17.001	31,817	D
Common Stock, par value \$0.01	05/23/2012	S	100	D	\$ 17.0011	31,717	D
Common Stock, par value \$0.01	05/23/2012	S	100	D	\$ 17.0024	31,617	D
Common Stock, par value \$0.01	05/23/2012	S	1,500	D	\$ 17.01	30,117	D
Common Stock, par value \$0.01	05/23/2012	S	1,200	D	\$ 17.011	28,917	D
Common Stock, par value \$0.01	05/23/2012	S	100	D	\$ 17.0125	28,817	D
Common Stock, par value \$0.01	05/23/2012	S	600	D	\$ 17.02	28,217	D
Common Stock, par value \$0.01	05/23/2012	S	600	D	\$ 17.021	27,617	D
Common Stock, par value \$0.01	05/23/2012	S	800	D	\$ 17.03	26,817	D
Common Stock, par value \$0.01	05/23/2012	S	500	D	\$ 17.031	26,317	D
	05/23/2012	S	100	D	\$ 17.04	26,217	D

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Common Stock, par value \$0.01							
Common Stock, par value \$0.01	05/23/2012	S	300	D	\$ 17.06	25,917	D
Common Stock, par value \$0.01	05/23/2012	S	600	D	\$ 17.061	25,317	D
Common Stock, par value \$0.01	05/23/2012	S	200	D	\$ 17.07	25,117	D
Common Stock, par value \$0.01	05/23/2012	S	800	D	\$ 17.071	24,317	D
Common Stock, par value \$0.01	05/23/2012	S	100	D	\$ 17.09	24,217	D

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

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 control number.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exer	cisable and	7. Title and	Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onof Derivative	Expiration D	ate	Underlying	Securities
Security	or Exercise		any	Code	Securities	(Month/Day	/Year)	(Instr. 3 and	4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired				
	Derivative				(A) or				
	Security				Disposed of				
					(D)				
					(Instr. 3, 4,				
					and 5)				
									Amount
									or
						Date	Expiration	Title	Number
						Exercisable	Date	11110	of
				Code V	(A) (D)				Shares
					()				2
	\$ 11.84	05/23/2012		M	1,750	(1)	05/29/2016		1,750

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Employee Common Stock Stock, par Option value (right to buy)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Nelson Ann W 10375 PROFESSIONAL CIRCLE RENO, NV 89521

EVP, Corp. & Public Affairs

Signatures

/s/ Ann W. 05/25/2012 Nelson

**Signature of Date
Reporting Person

Explanation of Responses:

- * 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).
- One-fourth of the shares subject to the option vested on May 28, 2010 with the remaining shares vesting in three equal annual installments beginning on May 28, 2011.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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