EMCOR GROUP INC

Check this box

if no longer

subject to

Form 4

August 31, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number:

3235-0287

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January 31, 2005

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OMB APPROVAL

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Section 16. Form 4 or 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

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * FRIED ALBERT JR

(First)

(Street)

2. Issuer Name and Ticker or Trading

Symbol

EMCOR GROUP INC [EME]

3. Date of Earliest Transaction

(Month/Day/Year)

60 BROAD STREET, 39TH FLOOR 08/31/2006

_X__ Director 10% Owner _ Other (specify Officer (give title

6. Individual or Joint/Group Filing(Check

(Check all applicable)

5. Relationship of Reporting Person(s) to

below)

(Middle)

4. If Amendment, Date Original Filed(Month/Day/Year)

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Issuer

Person

NEW YORK, NY 10004

(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. Transaction Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	08/31/2006		M	6,000	A	\$ 8.14	20,500	D	
Common Stock	08/31/2006		S	1,500	D	\$ 54.79	19,000	D	
Common Stock	08/31/2006		S	1,000	D	\$ 54.87	18,000	D	
Common Stock	08/31/2006		S	1,500	D	\$ 54.93	16,500	D	
Common Stock	08/31/2006		S	1,000	D	\$ 54.96	15,500	D	
	08/31/2006		S	500	D		15,000	D	

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Common Stock					\$ 55.07		
Common Stock	08/31/2006	S	500	D	\$ 55.12	14,500	D

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

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Do Code Secu (Instr. 8) Acqu (A) o Disp (D)		rities nired or osed of r. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
				Code V	V (A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Nun of Shar
Non-Employee Stock Options (right to buy)	\$ 8.14	08/31/2006		M		6,000	06/20/1997	06/19/2007	Common Stock	6,0

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
FRIED ALBERT JR 60 BROAD STREET, 39TH FLOOR NEW YORK, NY 10004	X							
Signatures								

Sheldon I. Cammaker, 08/31/2006 Attorney-in-Fact

**Signature of Reporting Person Date

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).

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

Reporting Owners 2

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