FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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Jion, D.C. 20049	OMB APPROVAL

Ī	OMB Number:	3235-0287							
	Estimated average burden								
	hours per response:	0.5							

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

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1. Name and Address of Reporting Person* <u>LIPPARD GREGORY W</u>															k all app Direc	olicable) ctor	ng Person(s) to Is		Owner			
	(STER CO		(Middle)		3. Date of Earliest Transa 02/21/2020					nsaction (Month/Day/Year)							er (give title v) Vice P	Other below) President				
(Street) PITTSBURGH PA 15220					_ 4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)											6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(:	State)	(Zip)				141-	- 4 -		D:-				-6:-		0						
1. Title of Security (Instr. 3)			2. Transa	2. Transaction		2A. Deemed Execution Date,		3. Transaction Code (Instr.							5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
										v	Amount	(A) or (D) Pr		Price	•	Report Transa (Instr. :	ed ction(s) 3 and 4)			(Instr. 4)		
Common	Stock			02/21/	/2020				F		502		D	\$17	7.57	2	7,474		D			
Common	Stock			02/22/	/2020				F		400		D	\$17	7.57	2	7,074		D			
Common Stock			02/22/	02/22/2020				F		232		D	\$17	\$17.57		26,842		D				
Common Stock			02/22/	02/22/2020				A		14,292(1	1)	A	\$0		41,134		D					
Common Stock			02/22/	02/22/2020				F		6,467		D	\$17.57		34,667		D					
Common Stock															1	.,531		I	L.B. Foster Company 401(k) Plan Shares			
	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 Security 3. Transaction Date (Month/Day/Year) if any (Month/Day/Y			tion Date,	4. Transa Code (8)		of Of Derive Secue (A) of Of (D) (Instr	of		Exerci on Da Day/Y		7. Title and Amount of Securities Underlying Derivative Security (Ins and 4)		ı ıstr. 3	Deri Sec (Ins	rice of ivative urity tr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	F D (I	Downership Form: Direct (D) or Indirect I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
				Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Titl	or Nu of	nount mber ares	r								

Explanation of Responses:

1. Represents performance share units which were contingent rights to receive shares of common stock based on the Issuer's performance against certain pre-established financial metrics for the 2017-2019 performance period.

/s/ Gregory W. Lippard by Heidi Loeffert attorney-in-fact

02/25/2020

** 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.