FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP 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 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL									
OMB Number:	3235-0287								

Estimated average burden hours per response: 0.5

1. Name and Address of Reporting Person* Kelly Brian H (Last) (First) (Middle) 415 HOLIDAY DRIVE						2. Issuer Name and Ticker or Trading Symbol FOSTER L B CO [FSTR] 3. Date of Earliest Transaction (Month/Day/Year) 02/14/2020									Check a	ationship of Reportir k all applicable) Director Officer (give title		10% C		wner
															X	belov	v) `		Other (specify below) President	
(Street) PITTSBURGH PA 15220 (City) (State) (Zip)						4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Indi Line) X										vidual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Tab	le I - No	n-Deriv	ative	Se	ecuriti	es Ac	quired	, Dis	posed o	f, o	r Ber	efici	ally C)wne	ed			
Date				2. Transa Date (Month/D			2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Transaction Code (Instr.						Securi Senefi Owned	cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership
										v	Amount		(A) or (D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)
Common	Stock			02/14	/2020	2020			F		1,794		D \$1		.03 3		2,623	D	D	
Common	Common Stock															531		I		L.B. Foster Company 401(k) Plan Shares
		Ta									sed of, onvertib				-	ned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		e Execution	n Date,		ransaction Code (Instr.		n of i		Exerci: on Dat Day/Ye		7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		nstr. 3		ivative urity	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(: (Instr. 4)	Owners Form: Direct (or Indir (I) (Inst	D) ect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	\ \ V	(A)	(D)	Date Exercisa		Expiration Date	Title	of	mber						

Explanation of Responses:

/s/ Brian H. Kelly by Heidi Loeffert, attorney-in-fact

02/18/2020

** 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.

LIMITED POWER OF ATTORNEY

The undersigned, Brian H. Kelly, does hereby nominate, constitute and appoint as his true and lawful attorneys-in-fact and agents with authority limited to and as specifically set forth herein, Patrick Guinee, Alex DelVecchio, and Heidi Loeffert (each hereinafter referred to as an "Attorney-in-Fact").

Each Attorney-in-Fact hereunder shall have the authority to: act, sign, execute and deliver for and on behalf of and in the place and stead of the undersigned, in the undersigned's capacity as a director and/or officer of L. B. Foster Company, a Pennsylvania corporation (the "Company"), the Forms 3, 4 and 5 documents pursuant to and in accordance with Section 16 of the Securities Exchange Act of 1934, as amended, and the rules and regulations thereunder (the "Exchange Act"); to do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5 and file such form with the U.S. Securities and Exchange Commission and any stock exchange or similar authority; and to take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such Attorney-in-Fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents, executed by such Attorney-in-Fact on behalf of the undersigned pursuant to this Limited Power of Attorney shall be in such form and shall contain such terms and conditions as such Attorney-in-Fact may approve in such Attorney-in-Fact's discretion.

The undersigned hereby grants to each such Attorney-in-Fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such Attorney-in-Fact shall lawfully do or cause to be done by virtue of the rights and powers herein granted. The undersigned acknowledges that the foregoing Attorneys-in-Fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Exchange Act.

This Limited Power of Attorney shall commence on the date of execution and shall remain in full force and effect until the undersigned is no longer required to file Form 3, 4, or 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the Attorneys-in-Fact.

IN WITNESS WHEREOF, I have caused this Limited Power of Attorney to be executed on 2/13/2020.

/s/ Brian H. Kelly Brian H. Kelly