SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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: 3235-028								
Estimated average burden								
hours per response:	0.5							

1. Name and Address of Reporting Person* <u>KASEL JOHN F</u>			2. Issuer Name and Ticker or Trading Symbol <u>FOSTER L B CO</u> [FSTR]		ionship of Reporting Person all applicable) Director Officer (give title	10% Owner Other (specify
(Last) L.B. FOSTER CO 415 HOLIDAY I	USTER COMPANY		3. Date of Earliest Transaction (Month/Day/Year) 03/03/2009		below) Sr. V.P. Mfg. & Ope	below) erations
(Street) PITTSBURGH (City)	PA	15220 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi Line) X	dual or Joint/Group Filing (C Form filed by One Reporti Form filed by More than O	ng Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

2. Transaction Date (Month/Day/Year)	Execution Date, if any	Transa Code (Securities Beneficially Owned Following	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)		
							1,109	Ι	Est. 401(k) Shares
							1,312	D	
							683 ⁽²⁾	D	
03/03/2009		A		1,293 ⁽³⁾	A	(1)	1 ,29 3 ⁽³⁾	D	
	(Month/Day/Year)	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year)	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transa Code (8) Code (Month/Day/Year) Image: Code (8) Code Image: Code (8) Image: Code (8) Image: Code (8) Image: Code (8)	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. 8) Code V Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Cod	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (IIstr. 8) Disposed Of (II Code (I Code V Amount Image: Comparison of the second of t	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. 8) Disposed Of (D) (Instr. 8) Code V Amount (A) or (D) Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. Disposed Of (D) (Instr. 3, 4 and 5) Code V Amount (A) or (D) Price Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Image: Code Ima	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. 8) Disposed Of (D) (Instr. 3, 4 and 5) Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) Image: Code (Instr. 8) Image: Code (Instr. 8) Disposed Of (D) (Instr. 3, 4 and 5) Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8) Image: Code (Instr. 8)	Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. 8) Disposed Of (D) (Instr. 3, 4 and 5) Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) Form: Direct (D) or Indirect (I) (Instr. 4) Image: Code (Instr. 8) Image: Code (Instr. 8

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)	4. Transa Code (8)		Derivative E		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Option to Buy	\$14.77							05/25/2006 ⁽⁴⁾	12/04/2015 ⁽⁴⁾	Common	6,250		6,250	D	
Performance Share Units	(1)							(1)	(1)	Common	(1)		2,053 ⁽⁵⁾	D	
Performance Share Units	(1)	03/03/2009		Α		3,877 ⁽⁶⁾		(1)	(1)	Common	(1)	(1)	3,877 ⁽⁶⁾	D	

Explanation of Responses:

1. Not applicable.

2. Not vested and non-voting until March 6, 2012.

3. Not vested and non-voting until March 4, 2013.

4. 75% of initial 25,000 grant vested on 5/25/08 and an additional 25% will vest on the next anniversary of May 25, 2009.

5. (0 - 4106 shares). Performance share units will convert into common stock based on Company's performance against financial metric for calendar year 2008-2010, inclusive. Stock awarded shall range from 0 - 2 for each performance share unit.

6. (0 - 7754 shares). Performance share units will convert into common stock based on Company's performance against financial metric for calendar year 2009-2011, inclusive. Stock awarded shall range from 0 - 2 for each performance share unit.

Remarks:

John F. Kasel/David L. Voltz, as 03/05/2009

attorney-in-fact

** 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.

AUTHORIZATION AND POWER OF ATTORNEY

The undersigned, John F. Kasel, authorizes and designates the following persons to execute and/or file all Forms 3, 4 and 5, required due to the undersigned's affiliation with L.B. Foster Company (the "Company"), with the Securities and Exchange Commission:

Deborah J. Foster and/or David L. Voltz

This authorization shall remain in effect for each of said persons until the earlier of (i) the person ceases to be an employee of the Company or (ii) the undersigned revokes said authority in a writing addressed to the Secretary of the Company.

Executed this 21st day of August, 2008

/s/ John F. Kasel

John F. Kasel