

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

| | | |
|--|---|--|
| 1. Name and Address of Reporting Person* <u>White NaTausha Heleena</u> (Last) (First) (Middle) C/O SPX TECHNOLOGIES, INC. 6325 ARDREY KELL ROAD, SUITE 400 (Street) CHARLOTTE NC 28277 (City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol <u>SPX Technologies, Inc. [SPXC]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;">VP AND CHRO</p> |
| | 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2022 | |
| | 4. If Amendment, Date of Original Filed (Month/Day/Year) | |

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. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 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 | | | |
| Common Stock | 11/10/2022 | | M | | 43,248 | A | \$12.36 | 76,766 ⁽¹⁾ | D | |
| Common Stock | 11/10/2022 | | s ⁽²⁾ | | 43,248 | D | \$73.06 | 33,518 ⁽¹⁾ | D | |
| Common Stock | 11/11/2022 | | M | | 2,771 | A | \$12.85 | 36,289 ⁽¹⁾ | D | |
| Common Stock | 11/11/2022 | | s ⁽²⁾ | | 2,771 | D | \$75.06 | 33,518 ⁽¹⁾ | D | |
| Common Stock | | | | | | | | 5,699 | I | 401 (k) Plan |

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. Transaction Code (Instr. 8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 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 Transaction(s) (Instr. 4) | 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 |
| Employee stock option to purchase common stock | \$12.36 | 11/10/2022 | | M | | | 43,248 | 10/13/2018 ⁽³⁾ | 10/13/2025 | Common Stock | 43,248 | \$0 | 0 | D | |
| Employee stock option to purchase common stock | \$12.85 | 11/11/2022 | | M | | | 2,771 | 03/02/2019 ⁽⁴⁾ | 03/02/2026 | Common Stock | 2,771 | \$0 | 21,528 | D | |
| Employee stock option to purchase common stock | \$27.4 | | | | | | | 03/01/2020 ⁽⁵⁾ | 03/01/2027 | Common Stock | 10,230 | | 10,230 | D | |
| Employee stock option to purchase common stock | \$32.69 | | | | | | | 02/22/2021 ⁽⁶⁾ | 02/22/2028 | Common Stock | 9,096 | | 9,096 | D | |
| Employee stock option to purchase common stock | \$36.51 | | | | | | | 02/21/2022 ⁽⁷⁾ | 02/21/2029 | Common Stock | 9,037 | | 9,037 | D | |
| Employee stock option to purchase common stock | \$50.09 | | | | | | | 02/20/2023 ⁽⁸⁾ | 02/20/2030 | Common Stock | 6,191 | | 6,191 | D | |

**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. Transaction Code (Instr. 8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 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 Transaction(s) (Instr. 4) | 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 | | | | |
| Employee stock option to purchase common stock | \$58.34 | | | | | | | 03/01/2024 ⁽⁹⁾ | 03/01/2031 | Common Stock | 5,208 | | 5,208 | D | |
| Employee stock option to purchase common stock | \$48.97 | | | | | | | 03/01/2025 ⁽¹⁰⁾ | 03/01/2032 | Common Stock | 5,864 | | 5,864 | D | |

Explanation of Responses:

1. Includes unvested restricted stock units.
2. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 19, 2022.
3. Vests as to 100% of the shares on the third anniversary of the grant date.
4. Vests in three equal installments beginning on March 2, 2017.
5. Vests in three equal installments beginning on March 1, 2018.
6. Vests in three equal installments beginning on February 22, 2019.
7. Vests in three equal installments beginning on February 21, 2020.
8. Vests in three equal installments beginning on February 20, 2021.
9. Vests in three equal installments beginning on March 1, 2022.
10. Vests in three equal installments beginning on March 1, 2023.

/s/ John Nurkin, Attorney-in-Fact

11/14/2022

** 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.

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