

OMB APPROVAL	
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**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

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) _____  <b>VP AND CHRO</b>
	3. Date of Earliest Transaction (Month/Day/Year) 11/08/2022	
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	11/08/2022		s <sup>(1)</sup>		4,311	D	\$69.35 <sup>(2)</sup>	39,397 <sup>(3)</sup>	D	
Common Stock	11/08/2022		s <sup>(1)</sup>		5,779	D	\$70.18 <sup>(4)</sup>	33,618 <sup>(3)</sup>	D	
Common Stock	11/08/2022		s <sup>(1)</sup>		100	D	\$70.76	33,518 <sup>(3)</sup>	D	
Common Stock								5,706	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					
Employee stock option to purchase common stock	\$12.36							10/13/2018 <sup>(5)</sup>	10/13/2025	Common Stock	43,248	43,248	D	
Employee stock option to purchase common stock	\$12.85							03/02/2019 <sup>(6)</sup>	03/02/2026	Common Stock	24,299	24,299	D	
Employee stock option to purchase common stock	\$27.4							03/01/2020 <sup>(7)</sup>	03/01/2027	Common Stock	10,230	10,230	D	
Employee stock option to purchase common stock	\$32.69							02/22/2021 <sup>(8)</sup>	02/22/2028	Common Stock	9,096	9,096	D	
Employee stock option to purchase common stock	\$36.51							02/21/2022 <sup>(9)</sup>	02/21/2029	Common Stock	9,037	9,037	D	
Employee stock option to purchase common stock	\$50.09							02/20/2023 <sup>(10)</sup>	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)				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 <sup>(11)</sup>	03/01/2031	Common Stock	5,208		5,208	D	
Employee stock option to purchase common stock	\$48.97							03/01/2025 <sup>(12)</sup>	03/01/2032	Common Stock	5,864		5,864	D	

**Explanation of Responses:**

1. 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.
2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$68.63 to \$69.63, inclusive. The reporting person undertakes to provide to SPX Technologies, Inc., any security holder of SPX Technologies, Inc., or the staff of the Securities Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.
3. Includes unvested restricted stock units.
4. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$69.65 to \$70.64, inclusive. The reporting person undertakes to provide to SPX Corporation, any security holder of SPX Corporation, or the staff of the Securities Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.
5. Vests as to 100% of the shares on the third anniversary of the grant date.
6. Vests in three equal installments beginning on March 2, 2017.
7. Vests in three equal installments beginning on March 1, 2018.
8. Vests in three equal installments beginning on February 22, 2019.
9. Vests in three equal installments beginning on February 21, 2020.
10. Vests in three equal installments beginning on February 20, 2021.
11. Vests in three equal installments beginning on March 1, 2022.
12. Vests in three equal installments beginning on March 1, 2023.

/s/ John Nurkin, Attorney-in-Fact      11/10/2022

\*\* 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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