

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549  
FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933  
ATTENTION: Transmit for filing 3 copies of this form concurrently with either\*  
placing an order with a broker to execute sale  
or executing a sale directly with a market maker.  
OMB APPROVAL

OMB Number: 3235-0101  
Expires: June 30, 2020  
Estimated average burden  
hours per response 1.00

SEC USE ONLY

DOCUMENT SEQUENCE NO.

CUSIP NUMBER

1 (a) NAME OF ISSUER (Please type or print)  
Forum Energy Technologies, Inc.  
(b) IRS IDENT. NO.  
611488595  
(c) S.E.C. FILE NO.  
00135504

WORK LOCATION

1 (d) ADDRESS OF ISSUER  
10344 Sam Houston Park Drive, Suite 300,  
Houston, TX 77064  
STREET

CITY

STATE

ZIP CODE

(e) TELEPHONE NO.

AREA CODE

281  
NUMBER  
949-2500

2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES  
ARE TO BE SOLD  
Terence M. O'Toole (1)

(b) RELATIONSHIP TO  
ISSUER  
Former Director

(c) ADDRESS STREET  
c/o Tinicum Inc., 800  
Third Avenue, 40th

Floor

CITY

New York

STATE

NY

ZIP CODE

10022

INSTRUCTION: The person filing this notice should contact the issuer to\*  
obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a)

(b)  
SEC USE ONLY

(c)  
(d)  
(e)  
(f)  
(g)

Title of the  
Class of  
Securities  
To Be Sold

Name and Address of Each Broker Through Whom the  
Securities are to be Offered or Each Market Maker  
who is Acquiring the Securities

Broker-Dealer

File Number

Number of Shares  
or Other Units

To Be Sold

(See instr. 3(c))

Aggregate

Market

Value

(See instr. 3(d))

Number of Shares

or Other Units

Outstanding

(See instr. 3(e))

Approximate

Date of Sale

(See instr. 3(f))

(MO. DAY YR.)

Name of Each

Securities

Exchange

(See instr. 3(g))

Common Stock

Goldman Sachs & Co. LLC, 200 West Street, New

York, NY 10282

86,524

39,801

as of 05 08 2020

110,513,000

05 13 2020 (2)

NYSE

INSTRUCTIONS:

1. (a) Name of issuer

(b) Issuer's I.R.S. Identification Number

(c) Issuer's S.E.C. file number, if any

(d) Issuer's address, including zip code

(e) Issuer's telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold

(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)

(c) Such person's address, including zip code

3. (a) Title of the class of securities to be sold

(b) Name and address of each broker through whom the securities are intended\* to be sold

(c) Number of shares or other units to be sold (if debt securities, give the\* aggregate face amount)

(d) Aggregate market value of the securities to be sold as of a specified\* date within 10 days prior to the filing of this notice

(e) Number of shares or other units of the class outstanding, or if debt\*

securities the face amount thereof outstanding, as shown  
by the most recent report or statement published by the issuer  
(f) Approximate date on which the securities are to be sold  
(g) Name of each securities exchange, if any, on which the securities are\*  
intended to be sold Potential persons who are to respond to the collection of\*  
information contained in this form are not required to respond unless the\*  
form displays a currently valid OMB control number.

TABLE I ?? SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the\*  
securities to be sold and with respect to the payment of all or any part of\*  
the purchase price or other consideration therefor:

Title of  
the Class  
Date you  
Acquired  
Nature of Acquisition Transaction  
Name of Person from Whom Acquired  
(If gift, also give date donor acquired)  
Amount of  
Securities Acquired  
Date of  
Payment  
Nature of Payment  
Common Stock  
05 18 2012  
to 02 15  
2019  
Director Shares  
Forum Energy Technologies, Inc.  
66,519.00  
N/A  
N/A  
Common Stock  
02 20 2015  
to 02 19  
2016  
Restricted Share Units  
Forum Energy Technologies, Inc.  
20,005.00  
N/A  
N/A

INSTRUCTIONS: If the securities were purchased and full payment therefor was\*  
not made in cash at the time of purchase, explain in the table or in a note\*  
thereto the nature of the consideration given. If the consideration consisted\*  
of any note or other obligation, or if payment was made in installments\*  
describe the arrangement and state when the note or other obligation was\*  
discharged in full or the last installment paid.

TABLE II ?? SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold\*  
during the past 3 months by the person for whose account the securities are\*  
to be sold.

Name and Address of Seller  
Title of Securities Sold  
Date of Sale  
Amount of  
Securities Sold  
Gross Proceeds  
N/A  
N/A  
N/A  
0.00  
N/A

REMARKS: (1) Terence M. O'Toole ("Mr. O'Toole") was the co-managing member of Tincum Lantern III, the manager of Tincum FET, LLC. Tincum FET, LLC owns 2,666,666 shares of common stock of the Issuer. Tincum FET, LLC has filed a separate Form 144 reporting its proposed sale of securities pursuant to\* Rule 144. Mr. O'Toole disclaims beneficial ownership of the shares directly\* held by Tincum FET, LLC, except to the extent of his pecuniary interest\* therein, if any, and this disclosure shall not be deemed an admission that\* Mr. O'Toole is the beneficial owner of any of such shares.

(2) Sales are anticipated to occur over a reasonable time period after the\* placement of the order, which is expected to be May 13, 2020 as listed in\* section 3(f).

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is\* to be given not only as to the person for whose account the securities are\* to be sold but also as to all other persons included in that definition.\* In addition, information shall be given as to sales by all persons whose\* sales are required by paragraph (e) of Rule 144 to be aggregated with sales\* for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice\* relates are to be sold hereby represents by signing this notice that he does\* not know any material adverse information in regard to the current and\* prospective operations of the Issuer of the securities to be sold which has\* not been publicly disclosed. If such person has adopted a written trading\* plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange\* Act, by signing the form and indicating the date that the plan was adopted\* or the instruction given, that person makes such representation as of the\* plan adoption or instruction date.

05/13/2020

/s/ Terence M. O'Toole

DATE OF NOTICE (SIGNATURE)

The notice shall be signed by the person for whose account the\* securities are to be sold. At least one copy of the notice shall be manually\* signed. Any copies not manually signed shall bear typed or printed signatures.

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

ATTENTION: Intentional misstatements or omission of facts constitute Federal\* Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (08-07)

SEC 1147 (02-08)