

CAPPELLO FRANK A  
 Form 4  
 March 22, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

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 OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 CAPPELLO FRANK A

(Last) (First) (Middle)

SIFCO INDUSTRIES INC, 970  
 EAST 64TH STREET

(Street)

CLEVELAND, OH 44103

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
 SIFCO INDUSTRIES INC [sif]

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 03/18/2010

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 Vice President Finance and CFO

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**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 Ownership (Instr. 4) |
|-------------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
|                                     |                                      |  |                                | (A) or (D)  | Price   |  |                                   |
| SIFCO Industries, Inc. Common Stock | 03/18/2010                           |  | S                              | 298 D   | \$ 16 0   | D  |                                   |
| SIFCO Industries, Inc. Common Stock | 03/18/2010                           |  | M                              | 3,534 A   | \$ 4.69 3,534   | D  |                                   |
| SIFCO Industries,                   | 03/19/2010                           |  | S                              | 154 D   | \$ 3,380 16.25  | D  |                                   |

Inc.  
Common  
Stock  
  
SIFCO  
Industries,  
Inc.  
Common  
Stock

03/22/2010

S 530 D \$ 17 2,850 D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**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 control number.**

SEC 1474  
(9-02)

**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 Underlying Securities (Instr. 3 and 4) |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable Expiration Date                         | Title Amount or Number of Shares                              |
| Stock Options - right to purchase SIFCO common stock | \$ 4.69  | 03/18/2010                           |  | M                              | 5,000   | 11/08/2001 <sup>(1)</sup> 11/08/2010                     | SIFCO Industries, Inc. Common Stock 5,000                     |
| Stock Options - right to purchase SIFCO common stock | \$ 5.5   |                                      |  |                                |   | 04/30/2003 <sup>(1)</sup> 04/30/2012                     | SIFCO Industries, Inc. Common Stock 10,000                    |
| Stock Options - right to purchase SIFCO common stock | \$ 3.5   |                                      |  |                                |   | 11/03/2004 <sup>(1)</sup> 11/03/2013                     | SIFCO Industries, Inc. Common Stock 10,000                    |

common  
stock

Stock  
Options -

right to  
purchase \$ 3.74

SIFCO  
common  
stock

07/26/2006<sup>(1)</sup> 07/26/2015

SIFCO  
Industries,  
Inc.  
Common  
Stock

6,000

## Reporting Owners

| Reporting Owner Name / Address  | Relationships |           |                                |       |
|---|---------------|-----------|--------------------------------|-------|
|   | Director      | 10% Owner | Officer                        | Other |
| CAPPELLO FRANK A<br>SIFCO INDUSTRIES INC<br>970 EAST 64TH STREET<br>CLEVELAND, OH 44103 |               |           | Vice President Finance and CFO |       |

## Signatures

Remigijus H. Belzinskas - by power of  
attorney

03/22/2010

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

\* 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).

(1) 25% of options awarded vested on this date. The balance of the awards vested 25% per year in each of the next three (3) years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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 number.