UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of The Securities Exchange Act of 1934 Date of Report (Date of earliest event reported): March 10, 2022

HELIOS TECHNOLOGIES, INC.

(Exact name of Registrant as Specified in Its Charter)

Florida (State or Other Jurisdiction of Incorporation) 0-21835 (Commission File Number) 59-2754337 (IRS Employer Identification No.)

7456 16th St E Sarasota, Florida (Address of Principal Executive Offices)

34243 (Zip Code)

Registrant's Telephone Number, Including Area Code: 941 362-1200

(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K General Instruction A.2. below):	filing is intended to simultaneously satisfy the fil	ing obligation of the registrant under any of the following provisions (see					
☐ Written communications pursuant to Rule 4	25 under the Securities Act (17 CFR 230.425)						
Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)							
Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))							
Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))							
Securities registered pursuant to Section 12(b) of	the Act:						
Title of each class Common Stock \$.001 Par Value	Trading Symbol(s) HLIO	Name of each exchange on which registered New York Stock Exchange					
Indicate by check mark whether the registrant is the Securities Exchange Act of 1934 (§ 240.12b-2		405 of the Securities Act of 1933 (§ 230.405 of this chapter) or Rule 12b-2 of					
Emerging growth company \square							
If an emerging growth company, indicate by checa accounting standards provided pursuant to Secti		e extended transition period for complying with any new or revised financial					

Item 8.01 Other Events.

On March 10, 2022, the Registrant issued the press release attached hereto as Exhibit 99.1 announcing a \$0.09 per share cash dividend on its common stock, payable on April 20, 2022, to shareholders of record as of April 5, 2022.

Item 9.01 Financial Statements and Exhibits.

(d)Exhibits

- 99.1 Press release dated March 10, 2022
- 104 Cover Page Interactive Data File (embedded within the Inline XBRL document).

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

HELIOS TECHNOLOGIES, INC.

Date: March 10, 2022 By: /s/ Tricia L. Fultor

/s/ Tricia L. Fulton Tricia L. Fulton Chief Financial Officer (Principal Financial and Accounting Officer)



FOR IMMEDIATE RELEASE

Helios Technologies Declares 101st Consecutive Quarterly Cash Dividend

SARASOTA, FL, March 10, 2022 — Helios Technologies, Inc. (NYSE: HLIO) ("Helios" or the "Company"), a global leader in highly engineered motion control and electronic controls technology for diverse end markets, announced that its Board of Directors declared its 101st consecutive quarterly cash dividend of \$0.09 per common share.

The dividend will be payable on April 20, 2022 to stockholders of record as of April 5, 2022. Helios Technologies has approximately 32.4 million shares of common stock outstanding.

About Helios Technologies

Helios Technologies is a global leader in highly engineered motion control and electronic controls technology for diverse end markets, including construction, material handling, agriculture, energy, recreational vehicles, marine, health and wellness. Helios sells its products to customers in over 90 countries around the world. Its strategy for growth is to be the leading provider in niche markets, with premier products and solutions through innovative product development and acquisition. The Company has paid a cash dividend to its shareholders every quarter since becoming a public company in 1997. For more information please visit: www.heliostechnologies.com.

For more information, contact:

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