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PRESS RELEASE

RCM TECHNOLOGIES, INC. AND ITS TECHNICAL PUBLICATION DIVISION RECOGNIZED FOR JOB CREATION AND HIGH QUALITY

Pennsauken, NJ – May 7, 2014 -- RCM Technologies, Inc. (NasdaqGM: RCMT) today announced that as Washington officials debate the best approach to creating jobs and growing the economy, RCMT and its Technical Publications Division is quietly doing just that. Recently, US Senator Sheldon Whitehouse stopped by RCMT's offices in Westerly, Rhode Island with executives from Pratt & Whitney and witnessed first hand the growth of the company and the dedication of its employees.

Senator Whitehouse said, "This is one of Rhode Island's hidden gems. The talent runs so deep in places like this. They are not big companies, but they do what they do as well, or better than anyone else in the world."

RCMT is a leader in developing technical publications for the aerospace industry. Using a staff of experienced technical writers and subject matter experts, the company brings a wealth of experience authoring technical manuals. This includes skilled technical illustrators that produce thousands of graphics. The Technical Publications division of RCMT has more than 150 people and is continuing to grow each month.

Pratt and Whitney representatives joined the tour with Senator Whitehouse and are a major reason for the growth of RCMT. P&W is the newest major client for RCMT and they are a key contractor for the company. Tom Clerkin, of Pratt and Whitney said, "We really needed resources, and not only did they (RCMT) step up to learn the new systems, but they invested capital in their infrastructure and brought new people at their own risk so that we could continue outsourcing to them." Clerkin added, "They've continued to produce a high quality product for us."

RCMT CEO and President Rocco Campanelli said he valued the relationship with Pratt and Whitney and the trust they have placed in our company. "We recognize the importance of providing a quality product on time and on budget and look forward to working with them on additional projects." said Campanelli. He also praised the hard work and dedication of his employees in Rhode Island, headed by Vice President Rick Wood.

RCMT has been a provider of technical publications for more than three decades. In addition to Pratt and Whitney, the firm provides support services to Sikorsky Aircraft, United Technologies Aerospace Systems, Boeing, Gulfstream and other aerospace firms.

Photo Caption (left to right):

U.S. Senator Sheldon Whitehouse, Pratt & Whitney Manager Chris Wrubel, and RCMT P&W Project Manager Ron Vesce.



About RCMT

RCM Technologies, Inc. is a premier provider of business and technology solutions designed to enhance and maximize the operational performance of its customers through the adaptation and deployment of advanced information technology and engineering services. RCMT is an innovative leader in the delivery of these solutions to commercial and government sectors. RCMT is also a provider of specialty healthcare services to major health care institutions and educational facilities. RCMT's offices are located in major metropolitan centers throughout North America. Additional information can be found at www.rcmt.com.

The Statements contained in this release that are not purely historical are forward-looking statements within the Private Securities Litigation Reform Act of 1995 and are subject to various risks, uncertainties and other factors that could cause the Company's actual results, performance or achievements to differ materially from those expressed or implied by such forward-looking statements. These statements often include words such as "may," "will," "expect," "anticipate," "continue," "estimate," "project," "intend," "believe," "plan," "seek," "could," "can," "should" or similar expressions. In addition, statements that are not historical should also be considered forward-looking statements. These statements are based on assumptions that we have made in light of our experience in the industry, as well as our perceptions of historical trends, current conditions, expected future developments and other factors we believe are appropriate in these circumstances. Forward-looking statements include, but are not limited to, those relating to demand for the Company's services, expected demand for our services and expectations regarding our revenues, the Company's ability to continue to utilize goodwill, to continue to increase gross margins, to achieve and manage growth, to develop and market new applications and services, risks relating to the acquisition and integration of acquired businesses, the ability of the Company to consummate acquisitions as to which it executes non-binding letters of intent, demand for new services and applications, timing of demand for services, industry strength and competition, initiatives to enhance stockholder value and general economic factors. Such statements are based on current expectations that involve a number of known and unknown risks, uncertainties and other factors, which may cause actual events to be materially different from those expressed or implied by such forward-looking statements. Risk, uncertainties and other factors may emerge from time to time that could cause the Company's actual results to differ from those indicated by the forward-looking statements. Investors are directed to consider such risks, uncertainties and other factors described in documents filed by the Company with the Securities and Exchange Commission. The Company assumes no obligation (and expressly disclaims any such obligation) to update any forward-looking statements contained in this release as a result of new information or future events or developments, except as may be required by law.