UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 SCHEDULE 14A Proxy Statement Pursuant to Section 14(a) of the Securities Exchange Act of 1934 (Amendment No. _)

Filed by the Registrant \boxtimes Filed by a Party other than the Registrant \square

Check the appropriate box:

- Preliminary Proxy Statement
- □ Confidential, For Use of the Commission Only (as permitted by Rule 14a-6(e)(2))
- Definitive Proxy Statement
- Definitive Additional Materials
- □ Soliciting Material Pursuant to § 240.14a-12

Concrete Pumping Holdings, Inc.

(Name of Registrant as Specified In Its Charter)

(Name of Person(s) Filing Proxy Statement, if Other Than the Registrant)

Payment of Filing Fee (Check the appropriate box):

- ☑ No fee required.
- \Box Fee computed on table below per Exchange Act Rules 14a-6(i)(1) and 0-11.
 - (1) Title of each class of securities to which transaction applies:
 - (2) Aggregate number of securities to which transaction applies:
 - (3) Per unit price or other underlying value of transaction computed pursuant to Exchange Act Rule 0-11 (set forth the amount on which the filing fee is calculated and state how it was determined):
 - (4) Proposed maximum aggregate value of transaction:
 - (5) Total fee paid:

□ Fee paid previously with preliminary materials.
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Check box if any part of the fee is offset as provided by Exchange Act Rule 0-11(a)(2) and identify the filing for which the offsetting fee was paid previously. Identify the previous filing by registration statement number, or the form or schedule and the date of its filing.

- (1) Amount previously paid:
- (2) Form, Schedule or Registration Statement No.:
- (3) Filing Party:
- (4) Date Filed:

You May Vote Your Proxy When You View The Material On The Internet. You Will Be Asked To Follow The Prompts To Vote Your Shares.

CONCRETE PUMPING HOLDINGS, INC. c/o Continental Proxy Services 1 State Street, New York, NY 10004 Concrete Pumping Holdings, Inc. 500 E. 84th Avenue, Suite A-5 Thornton, Colorado 80229

NOTICE OF ANNUAL MEETING OF STOCKHOLDERS

to be held on Thursday, April 14, 2022

*Stockholders are cordially invited to attend the Annual Meeting and vote in person. At the meeting, you will need to request a ballot to vote your shares.

Dear Stockholder,

The 2022 Annual Meeting of Stockholders of Concrete Pumping Holdings, Inc. will be held at the Company's offices located at 500 E. 84th Avenue, Suite A-5, Thornton, Colorado 80229, on Thursday, April 14, 2022, at 10:00 AM (Eastern time).

Proposals to be considered at the Annual Meeting:

- (1) To elect to the Company's Board of Directors four persons nominated by the Board of Directors;
- (2) To ratify the appointment of BDO USA, LLP as the Company's independent registered public accounting firm for the 2022 fiscal year; and
- (3) To address such other matters as may properly come before the 2022 annual meeting or any adjournment or postponement thereof.

The Board of Directors recommends a vote "FOR" all nominees under Proposal 1, and "FOR" Proposal 2.

Your electronic vote authorizes the named proxies to vote your shares in the same manner as if you marked, signed, dated, and returned the proxy card. Vote Your Proxy on the Internet:

Go to http://www.cstproxyvote.com Have your notice available when you access the above website. Follow the prompts to vote your shares.

The Proxy Materials are available for review at: https://www.cstproxy.com/concretepumpingholdings/2022

CONTROL NUMBER

Directions to the meeting location are posted on our website located at www.concretepumpingholdings.com.

Concrete Pumping Holdings, Inc.

500 E. 84th Avenue, Suite A-5 Thornton, Colorado 80229

Important Notice Regarding the Availability of Proxy Materials For the 2022 Annual Meeting of Stockholders to be Held On Thursday, April 14, 2022

The following Proxy Materials are available to you to review at: https://www.cstproxy.com/concretepumpingholdings/2022

- the Company's Annual Report for the year ended October 31, 2021
- the Company's 2022 Proxy Statement.
- the Proxy Card.
- any amendments to the foregoing materials that are required to be furnished to Stockholders

This is not a ballot. You cannot use this notice to vote your shares. This communication presents only an overview of the more complete proxy materials that are available to you on the Internet. We encourage you to access and review all of the important information contained in the proxy materials before voting.

If you would like to receive a paper or e-mail copy of these documents, you must request one. There is no charge for such documents to be mailed to you. Please make your request for a copy as instructed below on or before April 4, 2022 to facilitate a timely delivery. You may also request that you receive paper copies of all future proxy materials from the Company.

ACCESSING YOUR PROXY MATERIALS ONLINE

Have this notice available when you request a paper copy of the proxy materials or to vote your proxy electronically. You must reference your Control number.

REQUESTING A PAPER COPY OF THE PROXY MATERIALS

By telephone please call 1-888-266-6791,

or

By logging on to https://www.cstproxy.com/concretepumpingholdings/2022

or

By email at: proxy@continentalstock.com

Please include the company name and your control number in the subject line.