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AT THE FIRM

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KFORCE RELEASES 2010 SALARY & EMPLOYMENT GUIDES

Annual Guides Available for Finance & Accounting and Technology Specialties

TAMPA, Fla. – Oct. 8, 2009 (GLOBE NEWSWIRE) – Kforce Inc. (Nasdaq: KFRC) (<http://www.kforce.com>), a provider of [professional staffing](#) services and solutions has released its *2010 Salary & Employment Guides* for Finance & Accounting and Technology specialties. In addition to salary information by job title and description for more than 40 major U.S. markets, the annual guides include an examination of human resource management trends and how they can best be leveraged as the economy emerges from recession.

“Leveraging the tenure, market and industry expertise of our recruiting professionals allows Kforce to provide a unique and insightful representation of wages in our *2010 Salary & Employment Guides*,” said Randy Marmon, Chief Customer Development Officer, Kforce. “That expertise is also the basis for an in-depth discussion of the shifting human capital management landscape and how it can be applied to help companies develop talent acquisition and retention strategies in response to significant economic changes.”

In addition to salary trends, the *2010 Salary & Employment Guides* examine how shifting economic forces, workforce demographics, technological advances and globalization have created the need for a more flexible staffing approach that leverages core employees, consultants, outsourcing and automation to achieve organizational goals and objectives.

“Long-term success in turbulent economic times requires a flexible approach to managing knowledge worker resources. As discussed in our *2010 Salary & Employment Guides*, that could mean tactics that focus on restoring core employment or deploying variable cost workforce solutions,” said Marmon. “Regardless of the strategy, Kforce can help. We have delivered human resource solutions focused on this ever changing landscape for more than 45 years. Our staffing professionals have the experience necessary to guide organizations and [job seekers](#) through these uncertain times to make the right match.”

About Kforce

Kforce (Nasdaq: KFRC) is a professional staffing and solutions firm providing flexible and permanent staffing solutions in the skill areas of technology, finance & accounting, and health and life sciences. Backed by approximately 1,900 staffing specialists, Kforce is committed to

"Great People = Great Results" for our valued clients and candidates. Kforce operates with 62 offices in 41 markets in North America and two in the Philippines. For more information, please visit our Web site at <http://www.kforce.com/>.

Certain of the above statements contained in this press release are forward-looking statements that involve a number of risks and uncertainties. Such forward-looking statements are within the meaning of that term in Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Act of 1934, as amended. Factors that could cause actual results to differ materially include the following: business conditions and growth in the staffing industry and general economy; competitive factors, risks due to shifts in the market demand, including, without limitation, shifts in demand for our Kforce Government Solutions, Health and Life Sciences, Finance and Accounting and Technology groups, as well as the market for search and flexible staffing assignments; changes in the service mix; ability of the Firm to complete acquisitions; and the risk factors listed from time to time in the Firm's reports filed with the Securities and Exchange Commission, as well as assumptions regarding the foregoing. The words "should," "believe," "estimate," "expect," "intend," "anticipate," "foresee," "plan" and similar expressions and variations thereof identify certain of such forward-looking statements, which speak only as of the dates on which they were made. The Firm undertakes no obligation to publicly update or revise any forward-looking statements. As a result, such forward-looking statements are not guarantees of future performance and involve risks and uncertainties, and actual results may differ materially from those indicated in the forward-looking statements as a result of various factors. Readers are cautioned not to place undue reliance on these forward-looking statements.