

AAMOTH WILLIAM L
Form 4
December 21, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
AAMOTH WILLIAM L

2. Issuer Name and Ticker or Trading Symbol
STERIS CORP [STE]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
5960 HEISLEY ROAD

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
12/17/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

V P - Corporate Treasurer

MENTOR, OH 44060

(City) (State) (Zip)

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

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)
			Code	V Amount (A) or (D) Price			
Common Shares, No Par Value	12/17/2010		M	43 A \$ 24.72	8,995	D	
Common Shares, No Par Value	12/17/2010		S ⁽¹⁾	43 D \$ 38	8,952 ⁽²⁾	D	
Common Shares, No Par Value					500	I	See Footnote Below. ⁽³⁾
Common Shares, No					635	I	See Footnote

Par Value

Below. ⁽⁴⁾

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

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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)	8. Amount or Number of Shares
Employee Stock Option Exercise	\$ 24.72	12/17/2010		M	43	09/12/2007 09/12/2016	Common Shares, No Par Value	43

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
AAMOTH WILLIAM L 5960 HEISLEY ROAD MENTOR, OH 44060			V P - Corporate Treasurer	

Signatures

Dennis P. Patton, Authorized Representative under Power of Attorney
 12/21/2010
 **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) These open market sales of a total of 43 Common Shares is pursuant to a Rule 10b5-1 Stock Trading Plan entered into by the Reporting Person on May 10, 2010.

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- (2) 6,280 of these Common Shares are restricted. The restrictions on these Common Shares lapse as follows: 1,600 on May 23, 2011, 2,000 on May 21, 2012 and 2,680 on May 20, 2014.
- (3) Represents an investment by Mr. Aamoth in his Vanguard William L. Aamoth - Rollover IRA Brokerage Account.
- (4) Represents 648.646 units of the STERIS Corporation 401(k) Plan STERIS Stock Fund which equals 635 share equivalents as of December 17, 2010.

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

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