

Instructions

Front Control Arm Bushings

N.B: This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.

Note - this repair is a significant exercise. We recommend only a licensed repairer perform this job.

Application - Ford F250 2WD & 4WD
- 1999-2003

(Refer current catalogue listing)

Contents - 4x bushing 90800
- 2x bushing 90814
- 1x bushing 90815
- 1x bushing 90816
- 2 steel tubes 99.7mm L
- 1 steel tube 95.7mm L
- Grease

- Raise vehicle evenly and safely support.

Never rely on a Jack only.

- Prior to control arm removal, note brake line brackets.
- Remove swaybar links to assist with control arm removal.
- When loosening ball joints and Tie rods, leave nut on loosely - to protect thread.
- Press out the original inner tubes, followed by the rubber.

Leave the original outer steel shells in place (careful not to damage)

- Grease bushing ID and face with supplied grease only.

Note - only 3 tubes are supplied - re-use original inner steel tube and washer on drivers side.

- Re-use original bolts - tighten to manufactures spec.
- Re-check all bolts after 100km travelled.



N.B: It is recommended that a licenced workshop or Tradesperson carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.