



Installation Instructions

Ford F150 Rear Bumper

Product Number: W1750

Application: 2009+ Ford F150 ½ Ton Truck

SAFETY

Your safety and the safety of others is very important.

- In order to help you make informed decisions about safety, we have provided installation instructions and other information.
- These instructions alert you to potential hazards that could hurt you or others.
- Please do a job safety analysis (JSA) before each task to identify potential hazards for your situation and remove/protect against them.
- You must use your own good judgment, and take your time.

Read and understand all safety precautions and instructions before installing this product.

THIS PRODUCT IS FOR OFFROAD USE ONLY. ALL LIABILITY FOR INSTALLATION AND USE RESTS WITH THE OWNER.

CARELESS INSTALLATION AND OPERATION CAN RESULT IN SERIOUS INJURY OR EQUIPMENT DAMAGE.

Injury hazard

Failure to observe these instructions could lead to severe injury or death.

- Always** remove jewelry and wear eye protection.
- Always** use extreme caution when jacking up a vehicle for work. Set emergency brake and use tire blocks. Locate and use the vehicle manufacturers designated lifting points. Use jack stands.
- Always** use appropriate and adequate care in lifting components into place.
- Always** insure components will remain secure during installation and operation.
- Always** wear safety glasses when installing this kit. A drilling operation will cause flying metal chips. Flying chips can cause serious eye injury.
- Always** use extreme caution when drilling on a vehicle. Thoroughly inspect the area to be drilled (on both sides of material) prior to drilling, and relocate any objects that may be damaged.
- Always** use extreme caution when cutting and trimming during fitting.
- Always** tighten all nuts and bolts securely per installation instructions.
- Always** route electrical cables carefully. Avoid moving parts, components that become hot and rough or sharp edges.
- Always** insulate and protect all exposed wiring and electrical terminals.
- Always** perform regular inspections and maintenance on mounts and related hardware.





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I. Overview

Congratulations on your new purchase of the industries' best and most stylish Rear Bumper available for the 2009 Ford F150! This Bumper has been **engineered** for strength while keeping the weight down.

Your Rear Bumper designed in 3-D from digitized data, CNC laser cut, fabricated, and powder coated... all in the U.S.A.

Enjoy the fit and finish of a quality Ford F150 Rear Bumper from Fab Fours Inc.





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II. Tools Required

- Socket Wrench with Extension
- Breaker Bar
- 3/4" & 18mm Sockets
- Flat and Phillips Head Screw Drivers
- 3/4" Box End Wrench
- T20 Torx Bit
- Floor Jack and wood block.

III. Removal of Stock Bumper

A. Unplug the Factory License Plate lights from the back side of the light housing from underneath the truck. Turn counter clockwise until loose. Secure up and out of harm's way.

B. Disconnect the wiring harness from the back up sensors. This can either be done by unplugging the connectors at each sensor or removing the sensor from the trim piece holding them into the bumper.

C. Remove the 7 plastic Christmas tree plugs holding the harness to the inside of the bumper. Fish the harness out of the bumper and out of the way.

D. Remove the 6 bolts (3 per side) holding the factory bumper to the receiver hitch using a 10mm socket.





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E. Using two people each grasping one corner of the bumper lift and rotate towards the back of the vehicle. Note there are two plastic locating fingers that pass through the hitch that need to be freed for the bumper to come off.

F. Your truck is now ready to have the Fab Fours Rear Bumper Installed!





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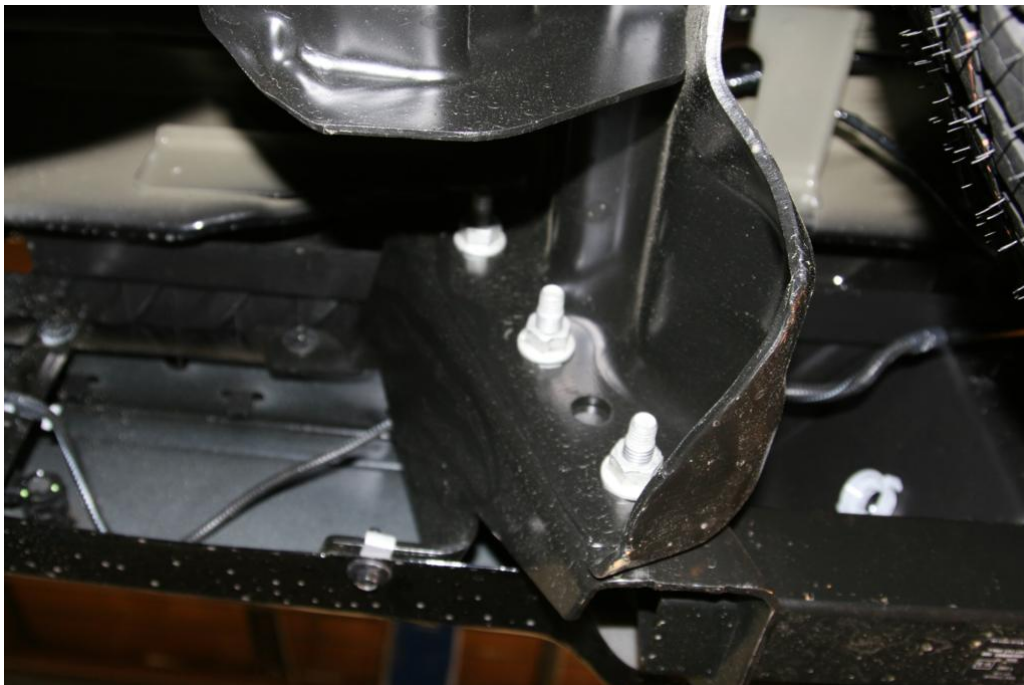
IV. Rear Bumper Installation

NOTE: The Following Installation steps apply to the installation of the Front Winch Bumper. **PLEASE READ THE ENTIRE MANUAL BEFORE ATTEMPTING INSTALLATION!** Ignoring these steps will increase your probability of scratching the vehicle during product Installation!

A. Remove the factory license plate lights from the factory bumper and reinstall them into the Fab Fours bumper.

B. Using a small flat head screw driver remove the snap ring on the back of the spare tire lock freeing it from the factory bumper. Re-install it into the Fab Fours bumper the same way. Installing the supplied zinc plated spacer under the factory snap ring bracket.

C. Remove the Driver side bolt plate holding the trailer hitch to the frame using a 21mm socket. Do not remove the passenger side. With the nuts loose pull the hitch away from the frame to grab the retaining washers with pliers to remove.





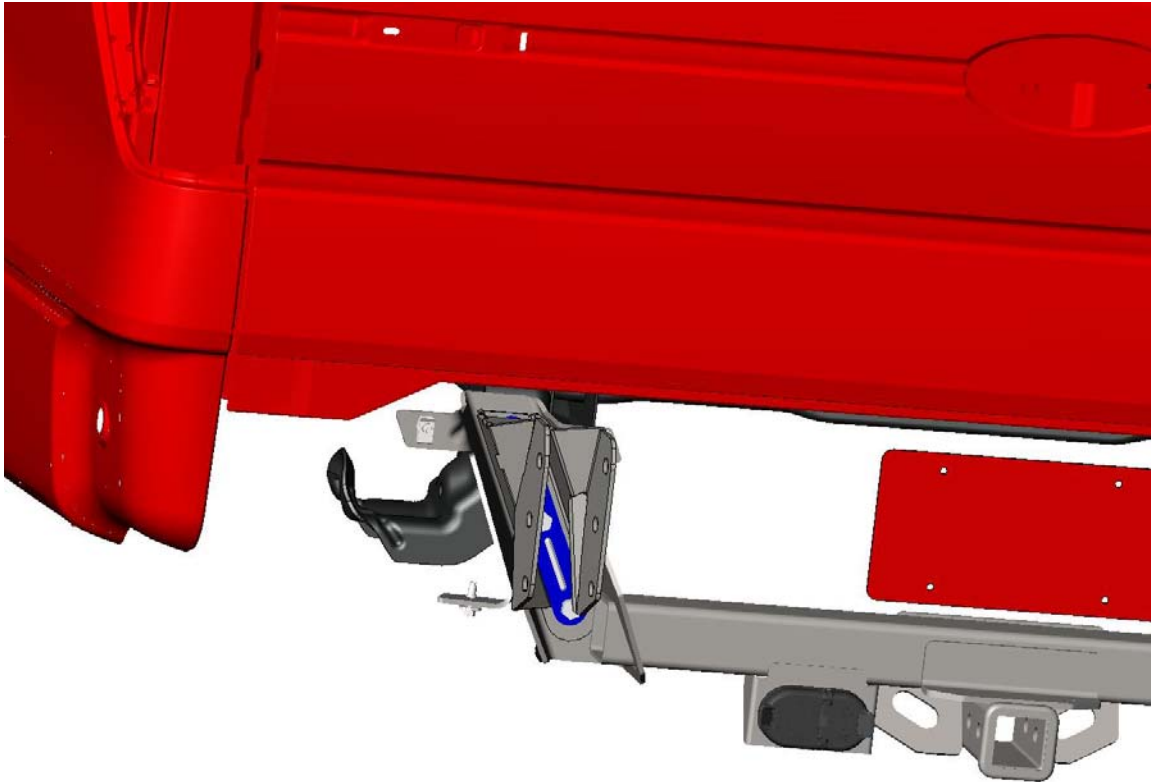
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D. Place the factory bolt plate inside the supplied bracket and install into the frame as shown below using the factory fasteners. Only snug the bolts do not tighten.



E. Remove the Passenger side bolt strip using the same method as the passenger side.

F. Place bolt strip into supplied passenger side frame mount as shown below using the factory fasteners. Only snug the bolts do not tighten.

G. With the help of two friends lift the bumper into place inserting the back edge of the bumper under the tailgate as shown below and rotating it down into place.

H. With the bumper in place insert the supplied ½” bolts with washer into the mounts from the inside by the spare tire and through the bumper. Place a flat washer, lock washer and nut on the outside. Only snug the fasteners.



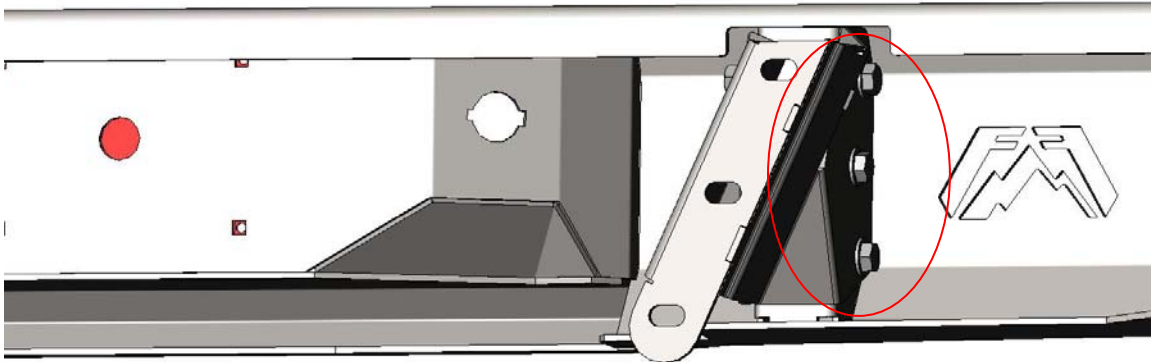


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I. Align the bumper from side to side and in and out. Tighten bolts between the bracket and the bumper.

J. With one person holding the bumper to the desired height tighten the nuts on the back side of the trailer hitch and bolt strips on each side.

K. Very carefully open the tailgate watching the bottom edge of the tailgate in relation to the top of the bumper making sure they do not come in contact. Also make sure to all space between the tailgate and the top of the bumper when tailgate is fully open. Adjust height if needed.

L. Re-install factory license plate lights into their housings and secure harness out of harm's way.

M. Fully tighten all fasteners between bumper and brackets and brackets and frame.





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N. Install supplied license plate plastic nut inserts and license plate.

O. Enjoy your New Rear Replacement Bumper from Fab Fours!





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V. Maintenance/Care

- Periodically check and tighten all fasteners.
- Stripped, fractured, or bent bolts or nuts need to be replaced.
- After washing of the vehicle make sure to fully dry all surfaces

