



How to change front anti
roll bar links on **FORD**
Puma Off-Road –
replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

Important!

This replacement procedure can be used for:
FORD Puma Off-Road 1.0 EcoBoost

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: FORD Fiesta Mk6 Hatchback (JA8, JR8) 1.6 TDCi

REPLACEMENT: ANTI ROLL BAR LINKS – FORD PUMA OFF-ROAD. LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #15
- HEX bit no.H5.
- Drive socket # 15
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Wheel chock

Buy tools

Replacement: anti roll bar links – FORD Puma Off-Road. AUTODOC experts recommend:

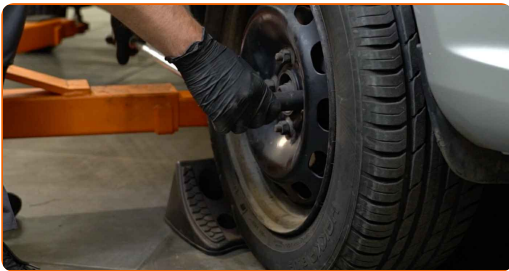
- Replace the stabiliser links on FORD Puma Off-Road in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Warning! Shut down the engine before starting any work – FORD Puma Off-Road.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Secure the wheels with chocks.

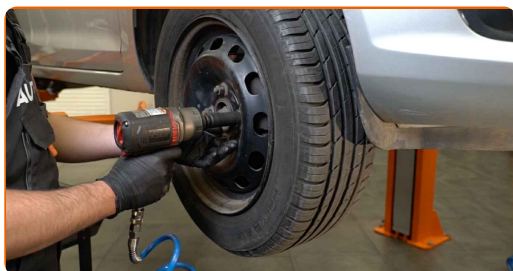


2 Loosen the wheel mounting bolts. Use wheel impact socket #19.



3 Raise the front of the car and secure on supports.

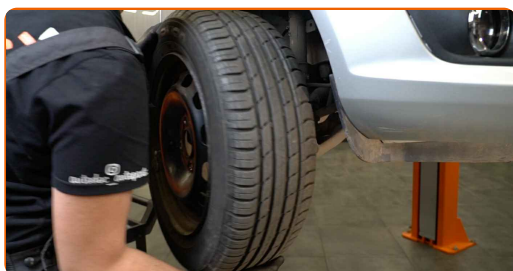
4 Unscrew the wheel bolts.



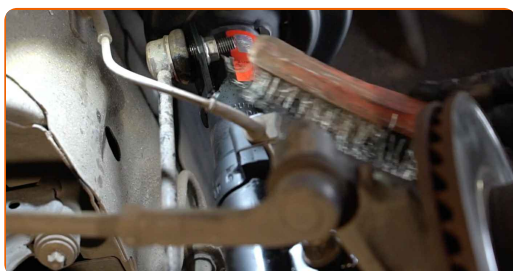
AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. FORD Puma Off-Road

5 Remove the wheel.



6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



- 7** Unscrew the fasteners connecting the stabiliser link to the stabiliser bar. Use a combination spanner #15. Use HEX No.H5. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #15. Use a ratchet wrench.



- 9** Remove the stabilizer rod.



Replacement: anti roll bar links – FORD Puma Off-Road. AUTODOC recommends:

- Examine stabiliser bushes. Replace them if needed.

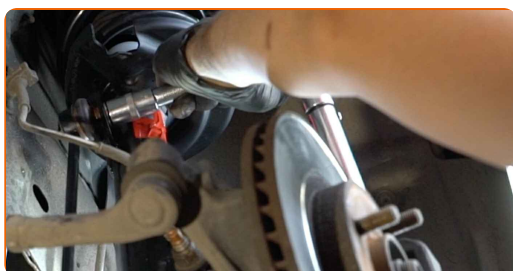
10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



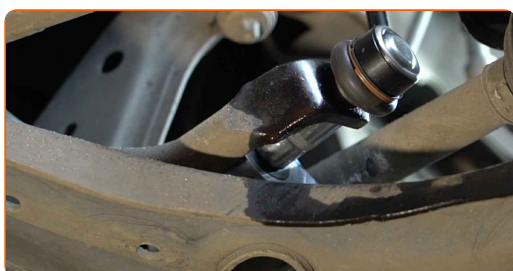
11 Install a new rod, tighten the fasteners. Use a combination spanner #15. Use HEX No.H5. Use a ratchet wrench.



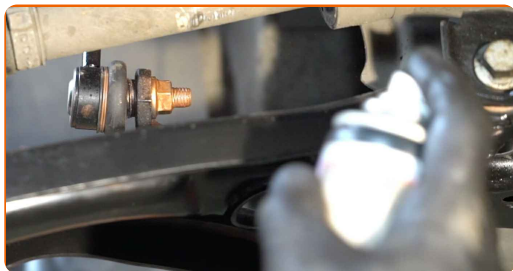
12 Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #15. Use a torque wrench. Tighten it to 48 Nm torque.



13 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #15. Use a torque wrench. Tighten it to 48 Nm torque.



14 Treat all joints of the stabiliser link. Use copper grease.



15 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



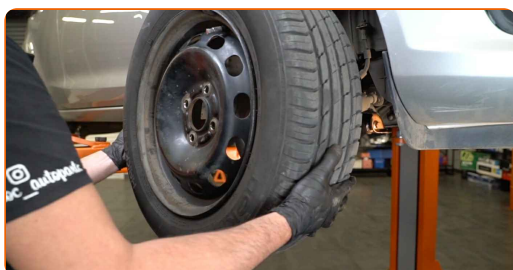
16 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – FORD Puma Off-Road. After applying the spray, wait a few minutes.

17 Install the wheel.



Replacement: anti roll bar links – FORD Puma Off-Road. Tip:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

18

Screw in the wheel bolts. Use wheel impact socket #19.



19

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #19. Use a torque wrench. Tighten it to 110 nm torque.



20

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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