



How to change rear
shock absorbers on **OPEL**
Astra G Van (F70) –
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:

OPEL Astra G Van (F70) 1.6 (F70), OPEL Astra G Van (F70) 1.7 TD (F70), OPEL Astra G Van (F70) 2.0 DI (F70), OPEL Astra G Van (F70) 1.7 DTI 16V (F70), OPEL Astra G Van (F70) 1.7 CDTi (F70), OPEL Astra G Van (F70) 1.4 (F70), OPEL Astra G Van (F70) 2.0 DTI (F70), OPEL Astra G Van (F70) 1.2 (F70)

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: OPEL Astra G CC (T98) 1.2 16V (F08, F48)

REPLACEMENT: SHOCK ABSORBERS – OPEL ASTRA G VAN (F70). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Drive socket # E20
- Wheel impact socket #17
- Torque wrench
- Tap wrench
- Hydraulic transmission jack
- Wheel chock

[Buy tools](#)

Replacement: shock absorbers – OPEL Astra G Van (F70). AUTODOC recommends:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- Warning! Shut down the engine before starting any work – OPEL Astra G Van (F70)

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1

Secure the wheels with chocks.



2

Loosen the wheel mounting bolts. Use wheel impact socket #17.



3

Raise the rear of the car and secure on supports.

4

Unscrew the wheel bolts.



Replacement: shock absorbers – OPEL Astra G Van (F70). Professionals recommend:

- To avoid injury, hold up the wheel when unscrewing the bolts.

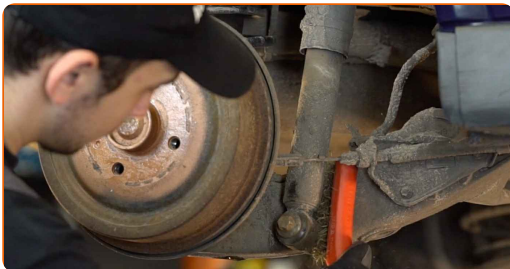
5

Remove the wheel.



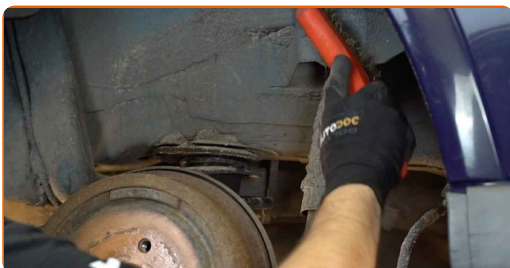
6.1

Clean the shock absorber fasteners.

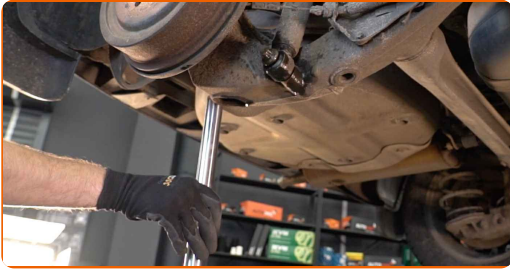


6.2

Use a wire brush. Use WD-40 spray.



7 Support the arm. Use a hydraulic transmission jack.



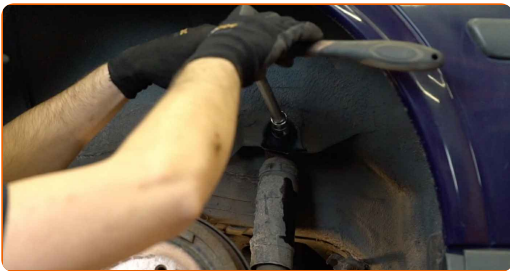
8 Unscrew the lower fastener of the shock absorber. Use a drive socket #E20. Use a tap wrench.



9 Remove the fastening bolt.



10 Unscrew the upper fastener of the shock absorber. Use a drive socket #E20. Use a tap wrench.

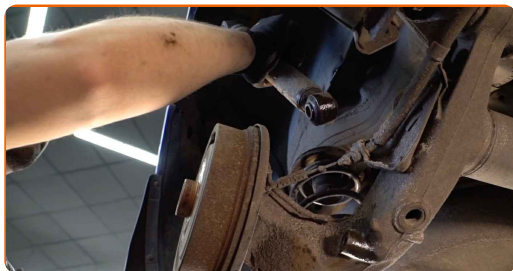


Replacement: shock absorbers – OPEL Astra G Van (F70). AUTODOC experts recommend:

- To avoid injuries, hold the shock absorber when undoing the fastening bolts.

11

Remove the shock absorber.

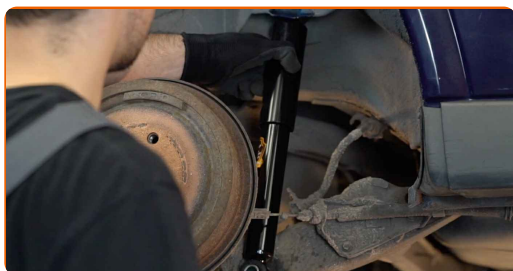


Replacement: shock absorbers – OPEL Astra G Van (F70). Tip from AUTODOC:

- Before installing a new shock absorber you should pump it manually 3-5 times.

12

Place the shock absorber in the wheel arch and secure it.

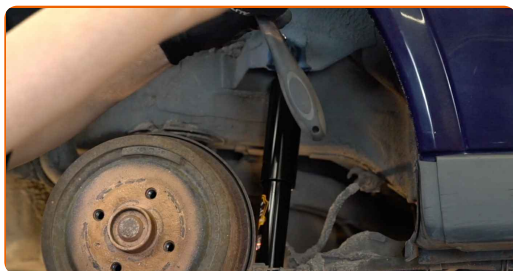


AUTODOC recommends:

- Important! Hold the shock absorber while screwing in the fastening bolts. OPEL Astra G Van (F70)

13

Screw the upper fastener of the shock absorber. Use a drive socket #E20.



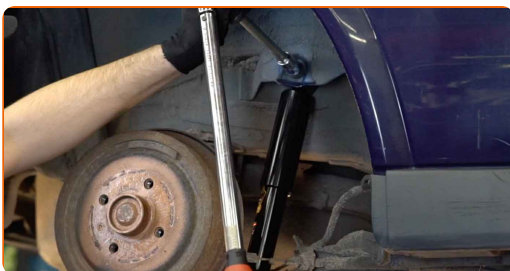
14 Screw in the lower fastener of the shock absorber. Use a drive socket #E20.



15 Raise the hydraulic transmission jack by 10-15 cm. Use a hydraulic transmission jack.



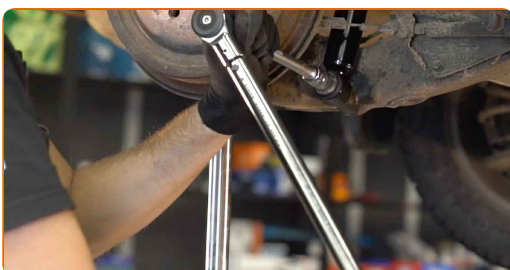
16 Tighten the top shock absorber fastening. Use a drive socket #E20. Use a torque wrench. Tighten it to 90 Nm torque.



AUTODOC recommends:

- Important! Be sure to use new fasteners.

17 Tighten the lower fastener of the shock absorber. Use a drive socket #E20. Use a torque wrench. Tighten it to 110 Nm torque.



AUTODOC recommends:

- Important! Be sure to use new fasteners.

18

Remove the support from under the arm.



Replacement: shock absorbers – OPEL Astra G Van (F70). AUTODOC experts recommend:

- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

19

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



20

Install the wheel.



Replacement: shock absorbers – OPEL Astra G Van (F70). Tip:

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

21

Screw in the wheel bolts. Use wheel impact socket #17.



22

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



23

Remove the jacks and chocks.



WELL DONE! 

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SHOCK ABSORBERS: A WIDE SELECTION

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