



How to change rear
shock absorbers on **OPEL**
ASTRA H Box (L70) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

Important!

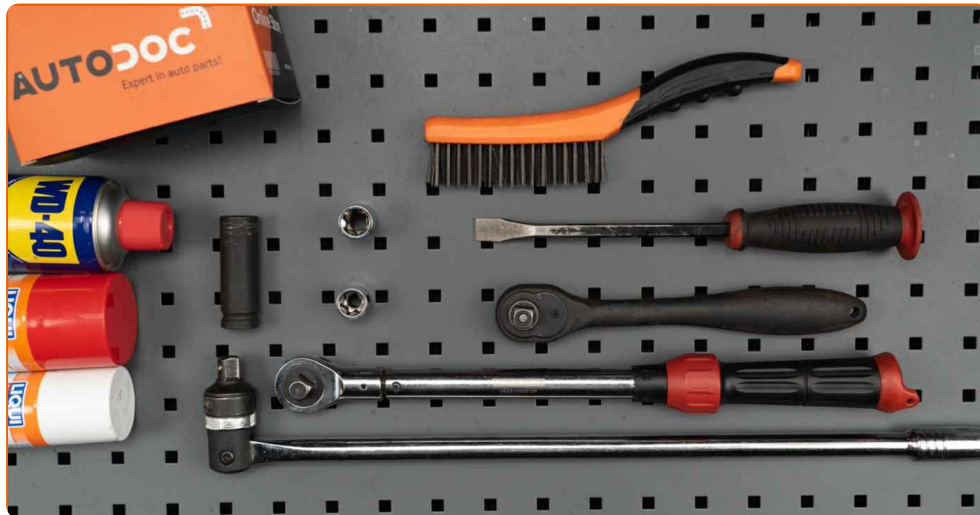
This replacement procedure can be used for:

OPEL ASTRA H Box (L70) 1.7 CDTI (L70), OPEL ASTRA H Box (L70) 1.9 CDTI (L70), OPEL ASTRA H Box (L70) 1.9 CDTI 16V (L70), OPEL ASTRA H Box (L70) 1.3 CDTI (L70), OPEL ASTRA H Box (L70) 1.6 (L70)

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 ZAFIRA B (A05) 1.8 (M75)

REPLACEMENT: SHOCK ABSORBERS – OPEL ASTRA H
BOX (L70). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # E18
- Drive socket # E20
- Wheel impact socket #17
- Torque wrench
- Tap wrench
- Hydraulic transmission jack
- Wheel chock

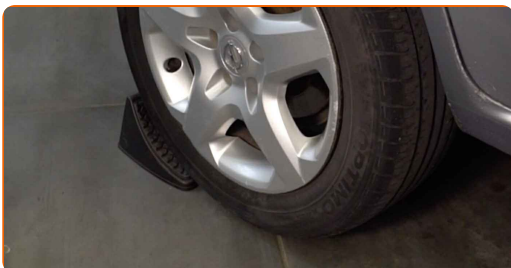
Buy tools

Replacement: shock absorbers – OPEL ASTRA H Box (L70). Tip from AUTODOC:

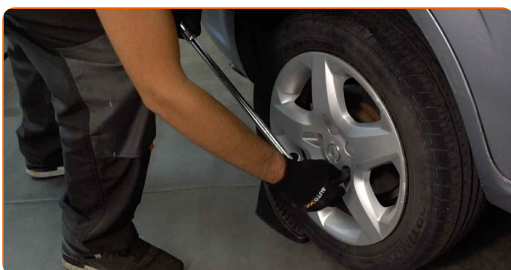
- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- Warning! Shut down the engine before starting any work – OPEL ASTRA H Box (L70).

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.

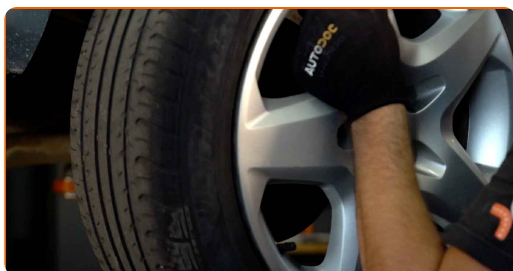
4 Unscrew the wheel bolts.



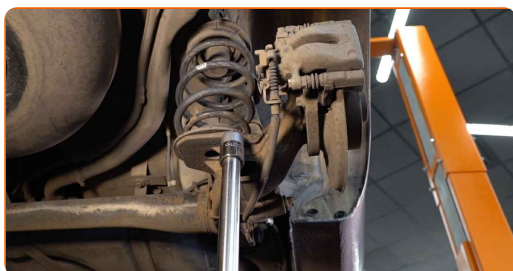
Replacement: shock absorbers – OPEL ASTRA H Box (L70). AUTODOC experts recommend:

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

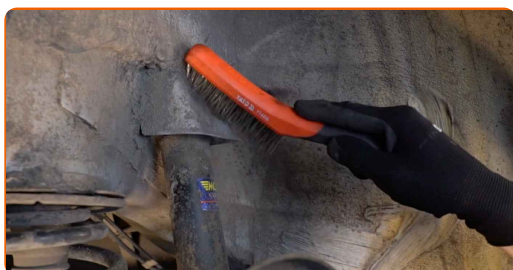
5 Remove the wheel.



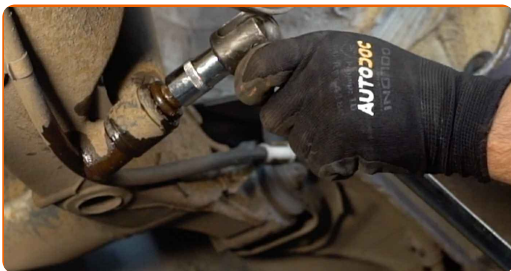
6 Support the rear suspension beam. Use a hydraulic transmission jack.



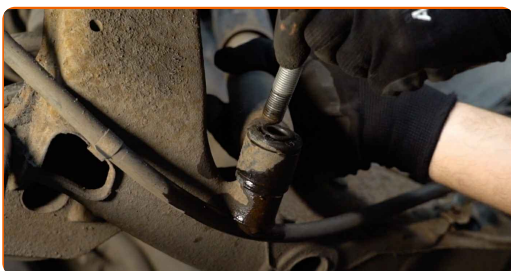
7 Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



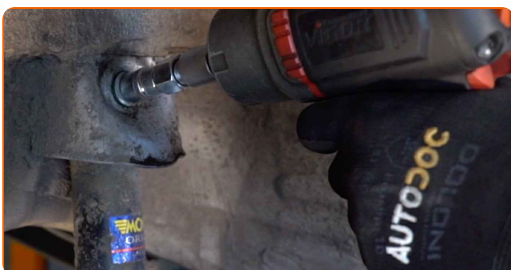
8 Unscrew the lower fastener of the shock absorber. Use a drive socket #E20. Use a tap wrench.



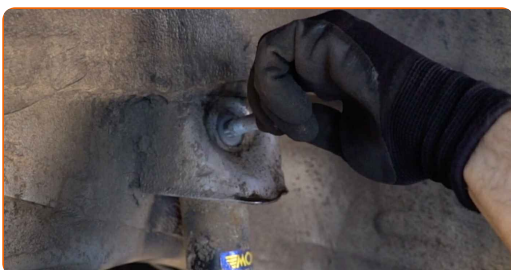
9 Remove the fastening bolt.



10 Unscrew the upper fastener of the shock absorber. Use a drive socket #E18. Use a tap wrench.



11 Remove the fastening bolt.

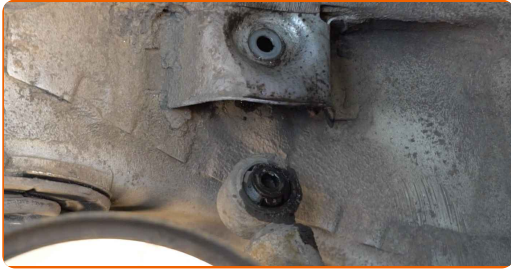


AUTODOC recommends:

- Important! Hold the shock absorber while unscrewing the fastening bolts. OPEL ASTRA H Box (L70)

12

Remove the shock absorber.



13

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.

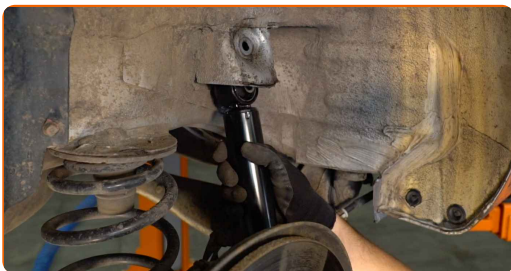


Replacement: shock absorbers – OPEL ASTRA H Box (L70). Tip:

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

14

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

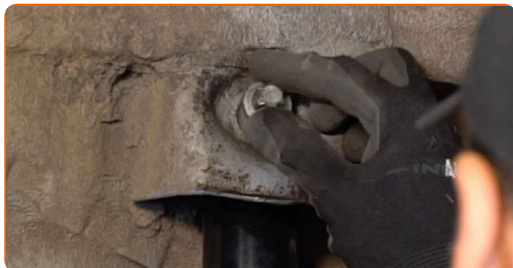


Replacement: shock absorbers – OPEL ASTRA H Box (L70). Tip from AUTODOC experts:

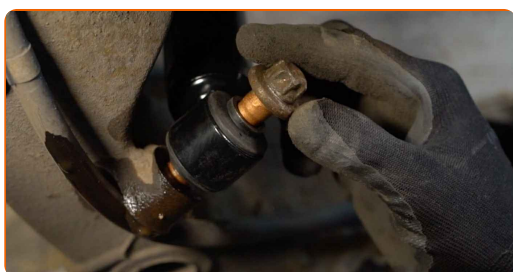
- To avoid injury, hold the shock absorber cautiously tight when screwing in the fastening bolts.

15 Install the fastening bolt.

16 Screw the upper fastener of the shock absorber. Use a drive socket #E18.

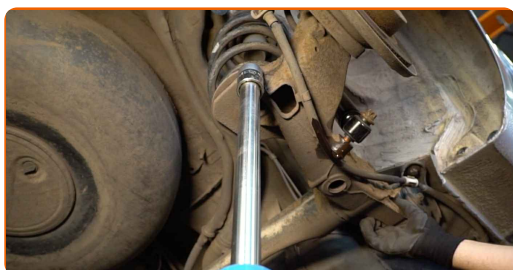


17 Install the fastening bolt.



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

19 Raise the hydraulic transmission jack by 10-15 cm.



20 Tighten the lower fastener of the shock absorber. Use a drive socket #E20. Use a torque wrench. Tighten it to 130 Nm torque.



- 21** Tighten the top shock absorber fastening. Use a drive socket #18. Use a torque wrench. Tighten it to 90 Nm torque.



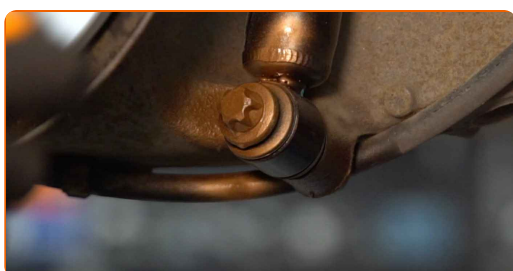
- 22** Remove the mounting from under the rear axle beam.



AUTODOC recommends:

- Replacement: shock absorbers – OPEL ASTRA H Box (L70). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

- 23** Treat the shock absorber fasteners. Use copper grease.



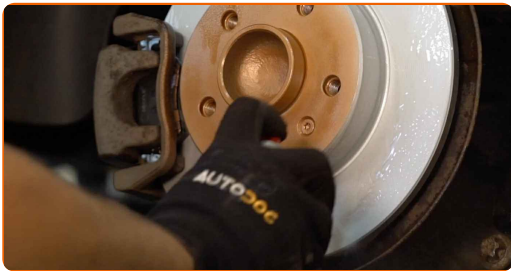
24

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



25

Clean the brake disk surface. Use a brake cleaner.

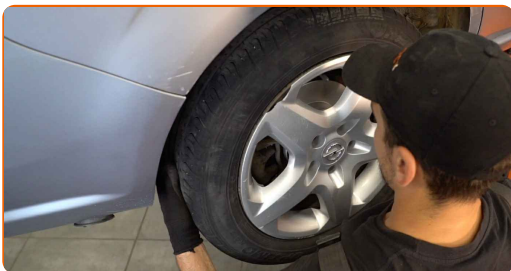


AUTODOC recommends:

- After applying the spray, wait a few minutes.

26

Install the wheel.

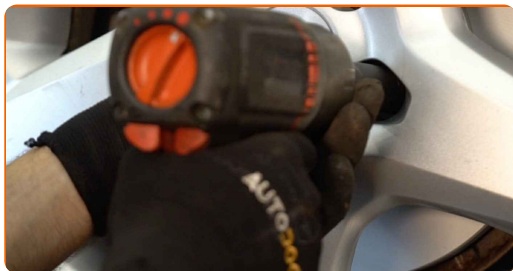


Replacement: shock absorbers – OPEL ASTRA H Box (L70). Professionals recommend:

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

27

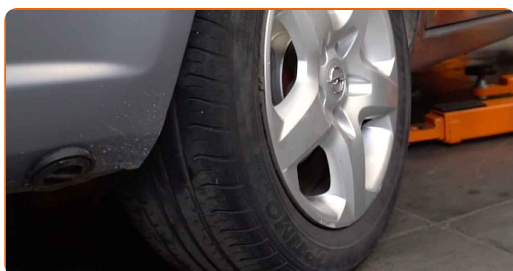
Screw in the wheel bolts. Use wheel impact socket #17.

**28**

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

**29**

Remove the jacks and chocks.



WELL DONE! 

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