



How to change rear
shock absorbers on **SEAT**
AROSA (6H) –
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:

SEAT AROSA (6H) 1.0, SEAT AROSA (6H) 1.4, SEAT AROSA (6H) 1.7 SDI, SEAT AROSA (6H) 1.4 16V, SEAT AROSA (6H) 1.4 TDI

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: VW Lupo (6X1, 6E1) 1.0

REPLACEMENT: SHOCK ABSORBERS – SEAT AROSA (6H). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Torque wrench
- Combination spanner #16
- Drive socket # 16
- Drive socket # 17
- Torx bit T25
- Shock absorber socket #DD6
- Wheel impact socket #17
- Ratchet wrench
- Hydraulic transmission jack
- Wheel chock

Buy tools

Replacement: shock absorbers – SEAT AROSA (6H). AUTODOC experts recommend:

- 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.
- Please note: all work on the car – SEAT AROSA (6H) – should be done with the engine switched off.

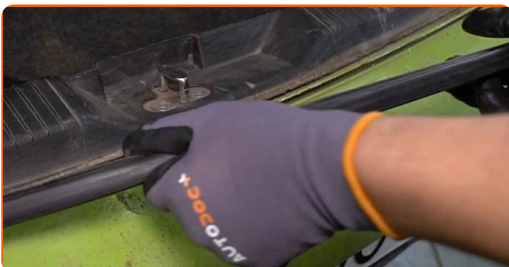
CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Open the boot lid.

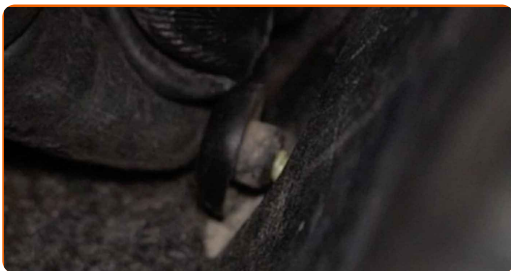
2 Detach the parcel shelf.



3 Remove the rubber strip.



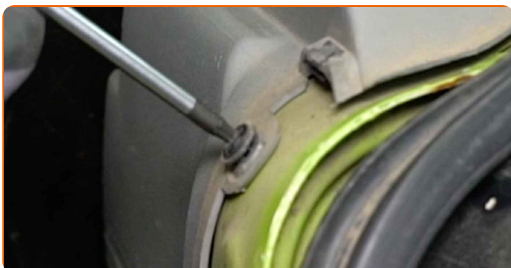
4 Unscrew the fasteners of the boot sill panel.



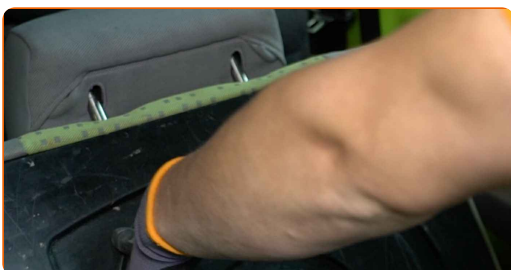
5 Detach the boot sill panel.



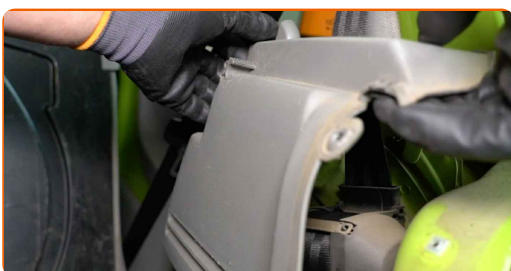
6 Unscrew the fasteners of the boot side panel. Use Torx T25.



7 Fold down the backrests of the rear seats.



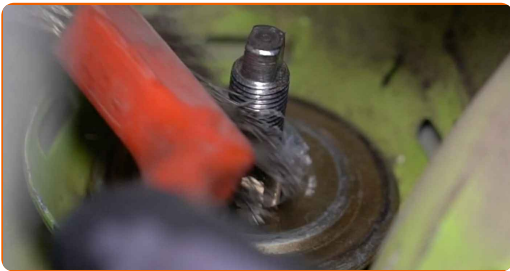
8 Detach the boot side lining.



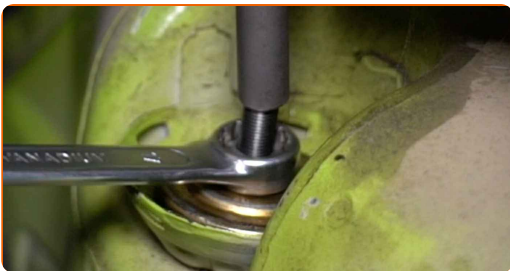
9 Remove the protective cap of the shock absorber mount.



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



11 Loosen the upper fastener of the shock absorber. Use a drive socket #17. Use a shock absorber socket DDN⁰⁶. Use a ratchet wrench.



Replacement: shock absorbers – SEAT AROSA (6H). Professionals recommend:

- Do not completely unscrew the upper fasteners as they may hold also other suspension components.

12 Secure the wheels with chocks.

13

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



14

Raise the car.

Replacement: shock absorbers – SEAT AROSA (6H). AUTODOC recommends:

- If you are using a jack, make sure it rests on a flat surface without any unevenness.
- Be sure to additionally secure the car with jack stands.

15

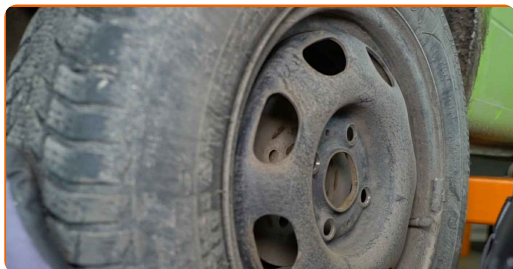
Unscrew the wheel bolts.



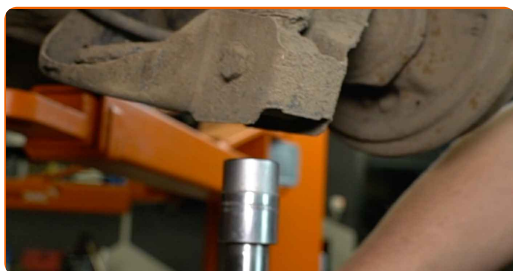
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. SEAT AROSA (6H)

16 Remove the wheel.



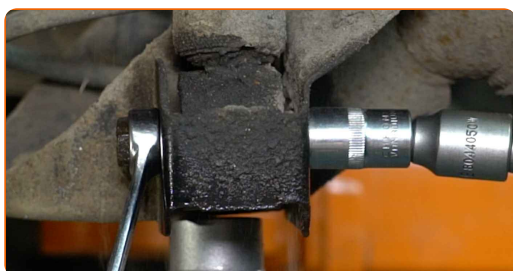
17 Support the rear suspension beam. Use a hydraulic transmission jack.



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



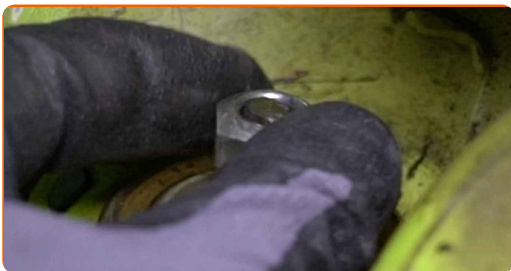
19 Unscrew the lower fastener of the shock absorber. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



AUTODOC recommends:

- Important! Hold the shock absorber while unscrewing the fastening bolts. SEAT AROSA (6H)

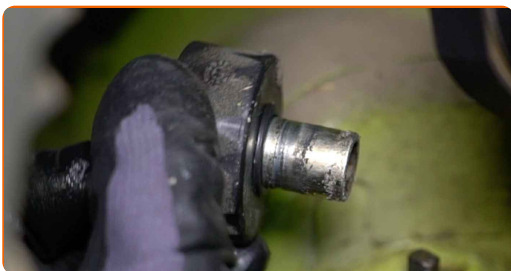
20 Unscrew the upper fastener of the shock absorber.



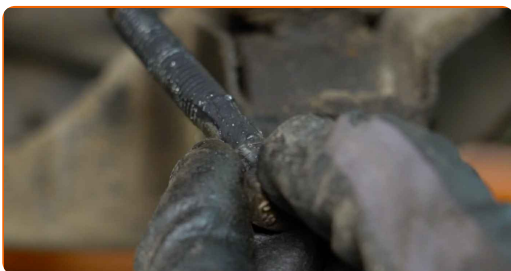
AUTODOC recommends:

- SEAT AROSA (6H) – To avoid injury, hold the shock absorber while unscrewing the fastening bolts.

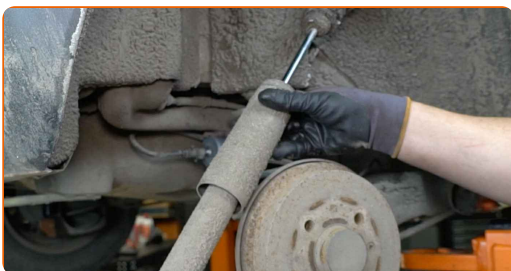
21 Remove the shock absorber upper mount.



22 Remove the fastening bolt.



23 Remove the shock absorber.



24

Remove the shock absorber dust cap and the bump stop.



AUTODOC recommends:

- Replacement: shock absorbers – SEAT AROSA (6H). Carefully inspect the mount, the boot, and the bump stop of the shock absorber. Replace if necessary.
- Before installing a new shock absorber you should pump it manually 3-5 times.

25

Install the dust sleeve and the bump stop on the new shock absorber.

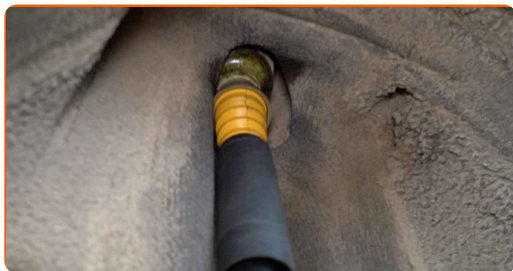


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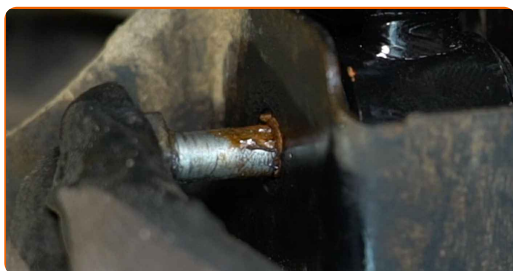
Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



27 Place the shock absorber in the wheel arch and fasten it.



28 Install the fastening bolt.

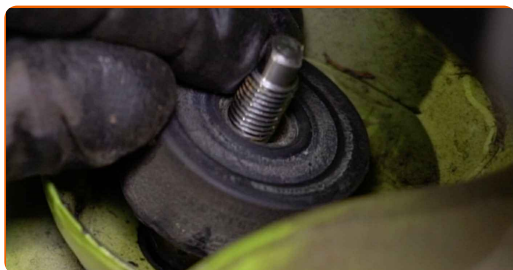


29 Screw in the lower fastener of the shock absorber. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.

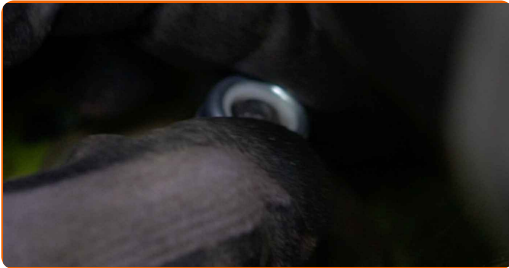
AUTODOC recommends:

- SEAT AROSA (6H) – To avoid injury, hold the shock absorber while screwing in the fastening bolts.

30 Install the shock absorber upper mount.



- 31** Screw the upper fastener of the shock absorber. Use a drive socket #16. Use a shock absorber socket DDN#6 Use a ratchet wrench.



AUTODOC recommends:

- Important! Hold the shock absorber while screwing in the fastening bolts. SEAT AROSA (6H)

- 32** Tighten the lower fastener of the shock absorber. Use a combination spanner #16. Use a drive socket #16. Use a torque wrench. Tighten it to 90 Nm torque. +90°



Replacement: shock absorbers – SEAT AROSA (6H). Tip from AUTODOC experts:

- To tighten the fasteners correctly, you have to jack up the suspension components to their working position.

33 Treat the shock absorber fasteners. Use copper grease.



34 Remove the support from under the rear axle beam.



AUTODOC recommends:

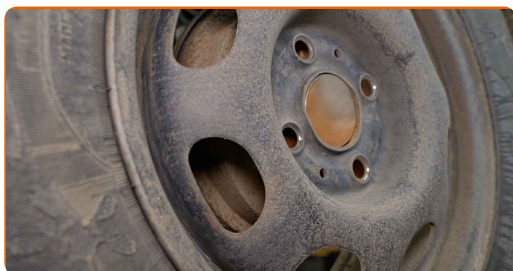
- Replacement: shock absorbers – SEAT AROSA (6H). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

35 Treat the shock absorber fasteners. Use copper grease.

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



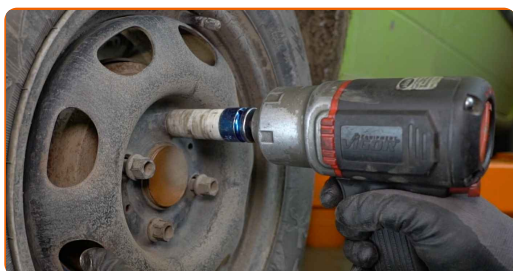
37 Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. SEAT AROSA (6H)

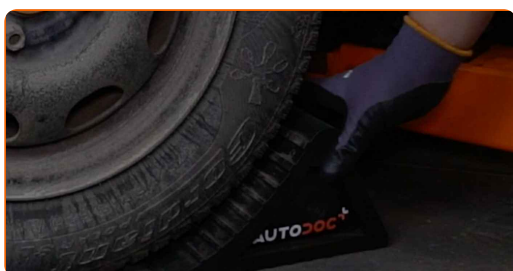
38 Screw in the wheel bolts. Use wheel impact socket #17.



39 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 110 Nm torque.



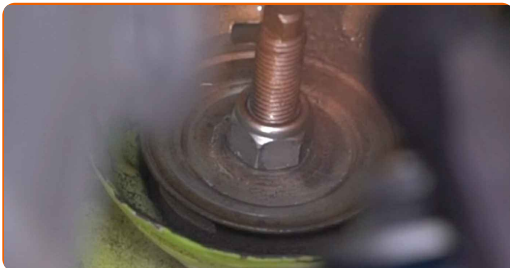
40 Remove the jacks and chocks.



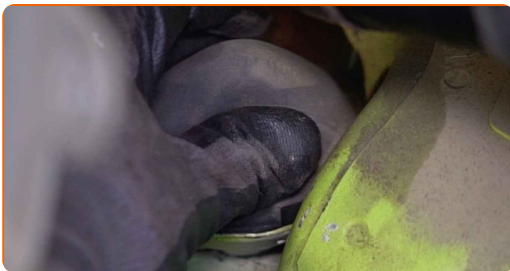
- 41** Tighten the top shock absorber fastening. Use a drive socket #17. Use a shock absorber socket DDN96 Use a torque wrench. Tighten it to 20 Nm torque.



- 42** Treat the shock absorber mounting seats. Use copper grease.



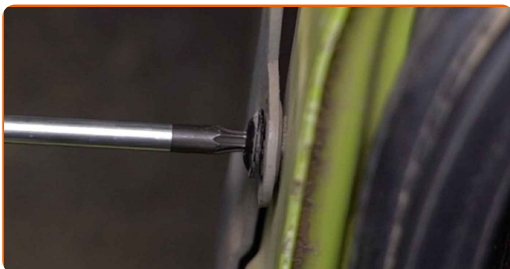
- 43** Install the protective cap of the shock absorber mount.



- 44** Attach the side lining of the boot.



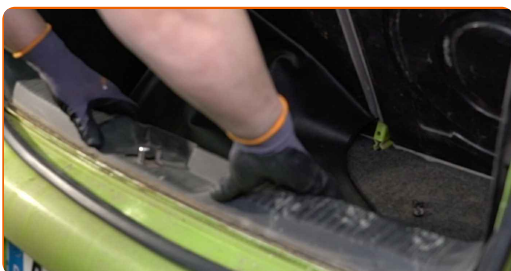
- 45** Screw in the fasteners of the boot side panel. Use Torx T25.



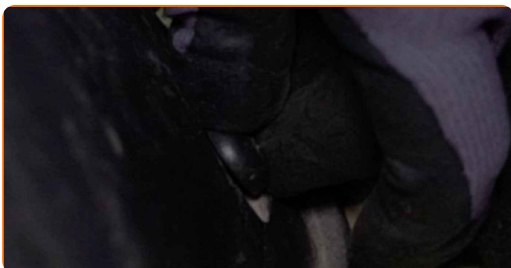
46 Return the seat to its original position.



47 Attach the boot sill panel.



48 Screw in the fasteners of the boot sill panel.



49 Install the rubber strip.



50 Reinstall the parcel shelf.



51

Close the lid of the luggage compartment.

WELL DONE! 

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