



How to change rear  
shock absorbers on **VW**  
**Transporter T4 Van**  
**(70A, 70H, 7DA, 7DH)** –  
replacement guide

**SIMILAR VIDEO TUTORIAL**



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

** Important!**

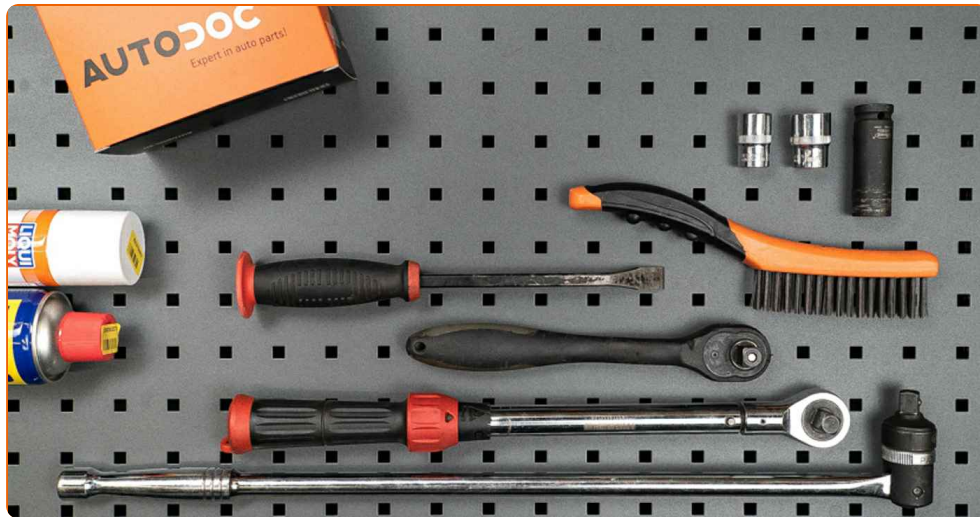
This replacement procedure can be used for:

VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.0, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.5, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 1.9 D, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 1.9 TD, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.4 D, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.5 Syncro, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.4 D Syncro, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.5 TDI, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.5 TDI Syncro, VW Transporter T4 Van (70A, 70H, 7DA, 7DH) 2.8 VR6

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 Transporter T4 Minibus (70B, 70C, 7DB, 7DK, 70J, 70K, 7DC, 7DJ) 2.5 TDI

REPLACEMENT: SHOCK ABSORBERS – VW  
TRANSPORTER T4 VAN (70A, 70H, 7DA, 7DH). TOOLS  
YOU NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Drive socket # 17
- Drive socket # 21
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Tap wrench
- Crow bar
- Hydraulic transmission jack
- Wheel chock

**Buy tools**

Replacement: shock absorbers – VW Transporter T4 Van (70A, 70H, 7DA, 7DH). Tip from AUTODOC experts:

- 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.
- All work should be done with the engine stopped.

## REPLACEMENT: SHOCK ABSORBERS – VW TRANSPORTER T4 VAN (70A, 70H, 7DA, 7DH). TAKE THE FOLLOWING STEPS:

1

Secure the wheels with chocks.



2

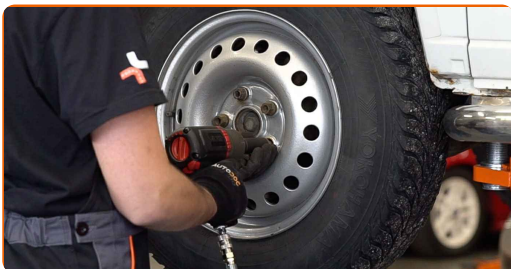
Loosen the wheel mounting bolts. Use wheel impact socket #17.



3

Raise the front of the car and secure on supports.

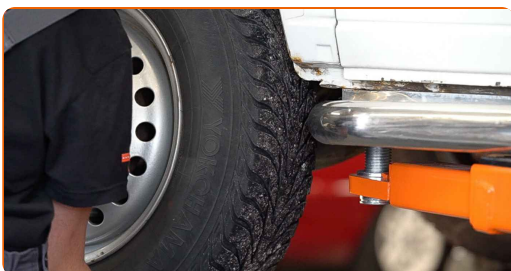
**4** Unscrew the wheel bolts.



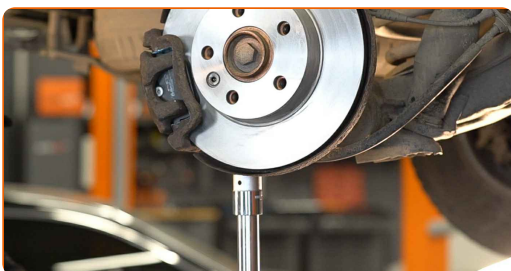
Replacement: shock absorbers – VW Transporter T4 Van (70A, 70H, 7DA, 7DH). Tip:

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

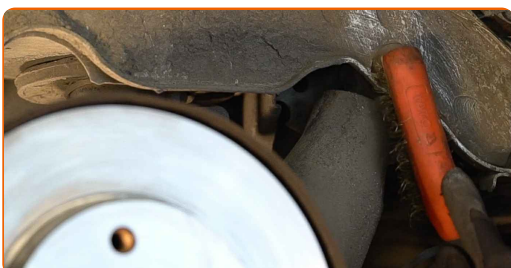
**5** Remove the wheel.



**6** Secure the rear axle beam. Use a hydraulic transmission jack.

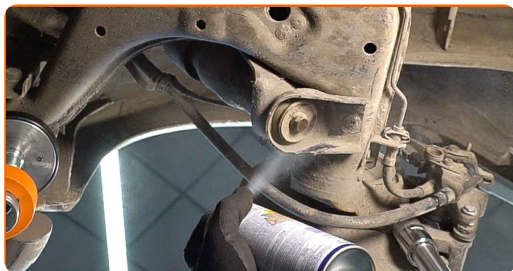


**7** Clean the shock absorber fasteners. Use a wire brush.



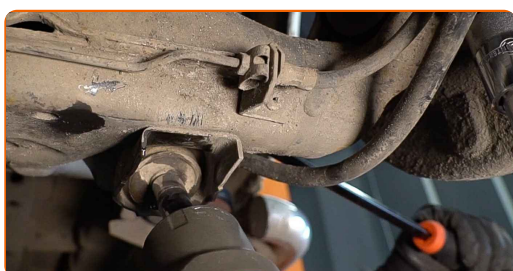
8

Use WD-40 spray.



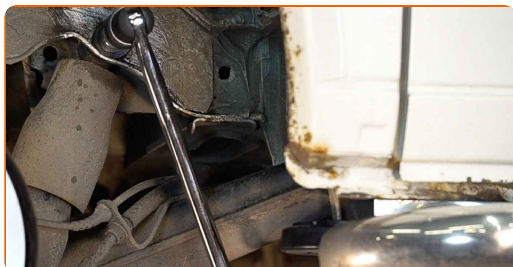
9

Unscrew the lower fastener of the shock absorber. Use a drive socket #17. Use a tap wrench. Use a ratchet wrench.



10

Unscrew the upper fastener of the shock absorber. Use a drive socket #21. Use a ratchet wrench. Use a tap wrench.

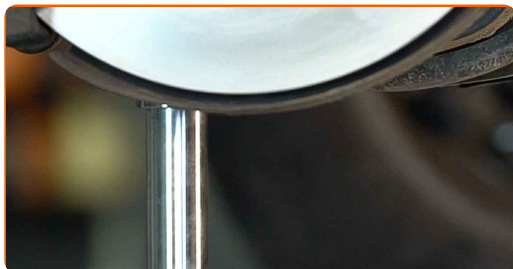


**AUTODOC recommends:**

- Important! Hold the shock absorber while unscrewing the fastening bolts. VW Transporter T4 Van (70A, 70H, 7DA, 7DH)



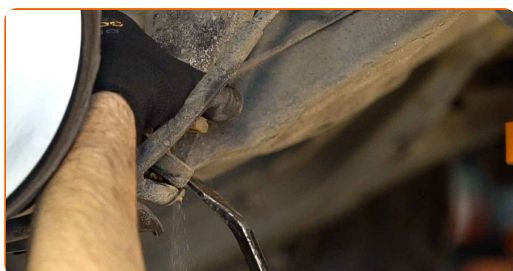
**11** Lower the hydraulic transmission jack by 10-15 cm.



Replacement: shock absorbers – VW Transporter T4 Van (70A, 70H, 7DA, 7DH). AUTODOC recommends:

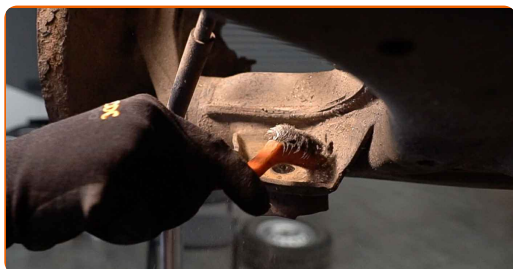
- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

**12** Detach the lower part of the shock absorber. Use a crowbar.



**13** Remove the shock absorber.

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

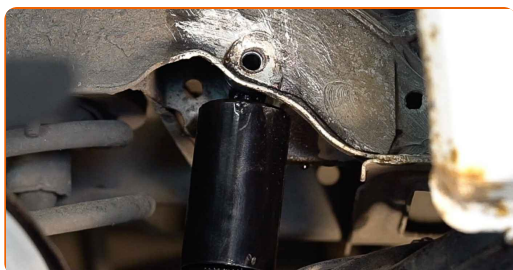


Replacement: shock absorbers – VW Transporter T4 Van (70A, 70H, 7DA, 7DH). Tip from AUTODOC experts:

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

15

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



AUTODOC recommends:

- VW Transporter T4 Van (70A, 70H, 7DA, 7DH) – To avoid injury, hold the shock absorber while screwing in the fastening bolts.

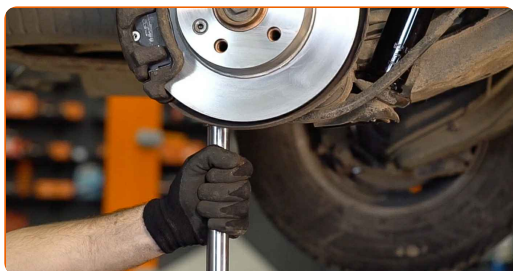
16

Screw the upper fastener of the shock absorber.



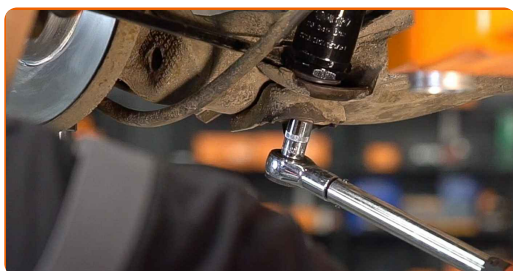
17

Support the arm. Use a hydraulic transmission jack.





- 18 Tighten the lower fastener of the shock absorber. Use a drive socket #17. Use a torque wrench. Tighten it to 45 Nm torque.



- 19 Tighten the top shock absorber fastening. Use a drive socket #21. Use a torque wrench. Tighten it to 100 Nm torque.

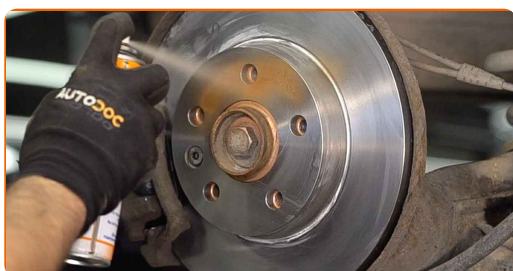
- 20 Remove the mounting from under the rear axle beam.

**AUTODOC recommends:**

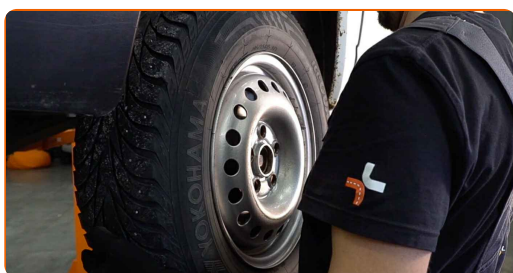
- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

- 21 Treat the shock absorber fasteners. Use copper grease.

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



- 23 Install the wheel.

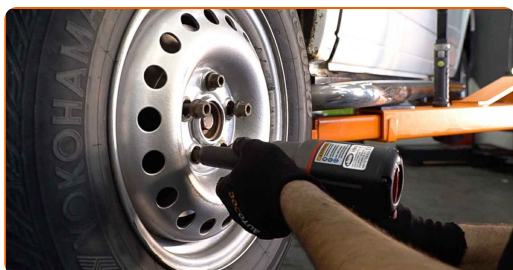


Replacement: shock absorbers – VW Transporter T4 Van (70A, 70H, 7DA, 7DH). Tip:

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

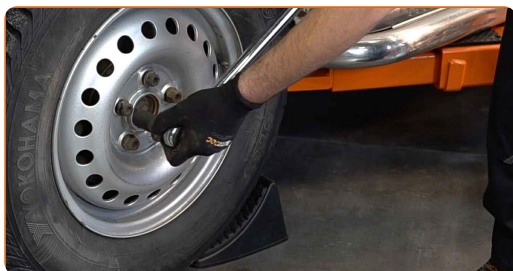
24

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



25

Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 170 nm torque.



26

Remove the jacks and chocks.

**WELL DONE!** 

**VIEW MORE TUTORIALS**

# AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

**AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING**



**AUTODOC**

GET IT ON  
**Google Play**

Download on the  
**App Store**

**Download**

**A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR**

**SHOCK ABSORBERS: A WIDE SELECTION**

## **(i) DISCLAIMER:**

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2022 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.