VIDEO TUTORIAL

ⓘ Important!

This replacement procedure can be used for:
OPEL ASTRA G Box (F70) 2.0 DI (F70), OPEL ASTRA G Estate (T98) 2.0 DI (F35), OPEL ZAFIRA A MPV (T98) 2.0 DI (F75), OPEL ZAFIRA A MPV (T98) 2.0 DI 16V (F75)

The steps may slightly vary depending on the car design.

REPLACEMENT: SHOCK ABSORBERS – OPEL ZAFIRA F75. LIST OF THE TOOLS YOU'LL NEED:

- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Impact socket N°E18
- Impact socket N°E20
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Tap wrench
- Hydraulic transmission jack
- Wheel chock

Replacement: shock absorbers – Opel Zafira F75. 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.
- All work should be done with the engine stopped.

REPLACEMENT: SHOCK ABSORBERS – OPEL ZAFIRA F75. USE THE FOLLOWING PROCEDURE:

1

Secure the wheels with chocks.

2

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

3

Raise the rear of the car and secure on supports.

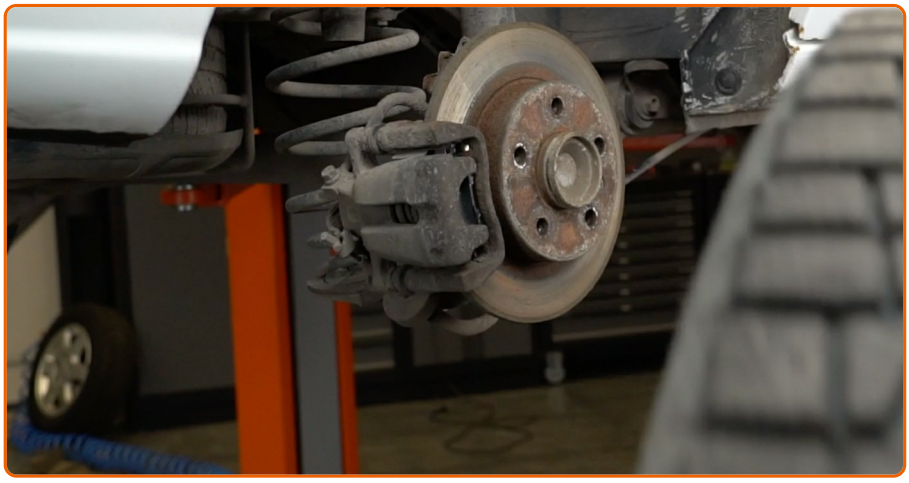
4

Unscrew the wheel bolts.

Replacement: shock absorbers – Opel Zafira F75. Tip:

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

5

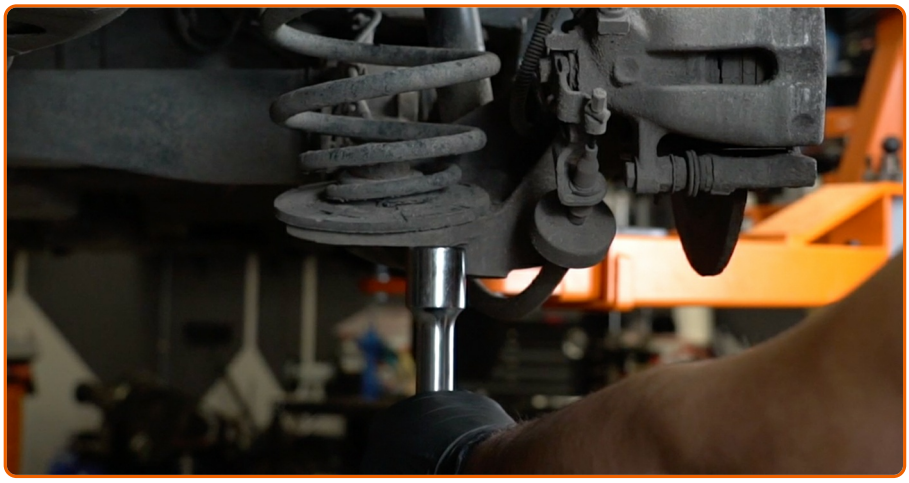


Remove the wheel.

6

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

7



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

8

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

9

Remove the fastening bolt.

10

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

11

Remove the fastening bolt.

Replacement: shock absorbers – Opel Zafira F75. AUTODOC experts recommend:

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

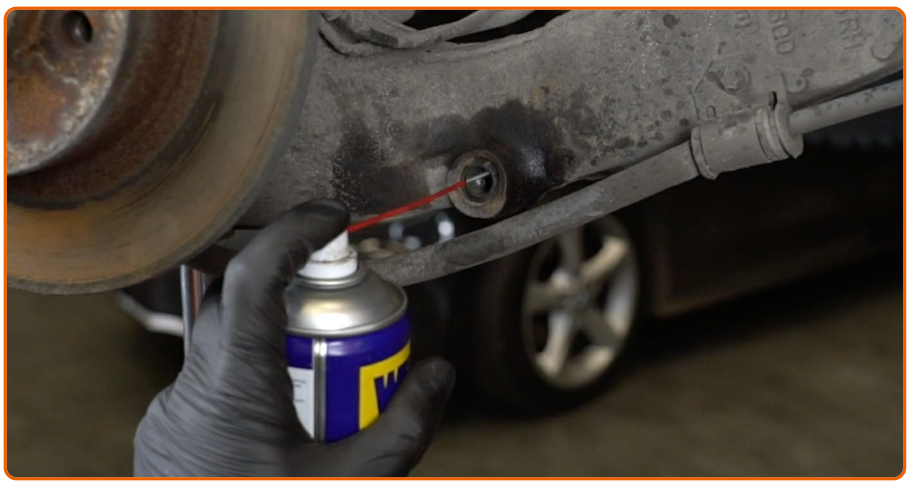
12

Remove the shock absorber.

Replacement: shock absorbers – Opel Zafira F75. Tip from AUTODOC experts:

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

13



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

14

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 Zafira F75

15

Install the fastening bolt.

16

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

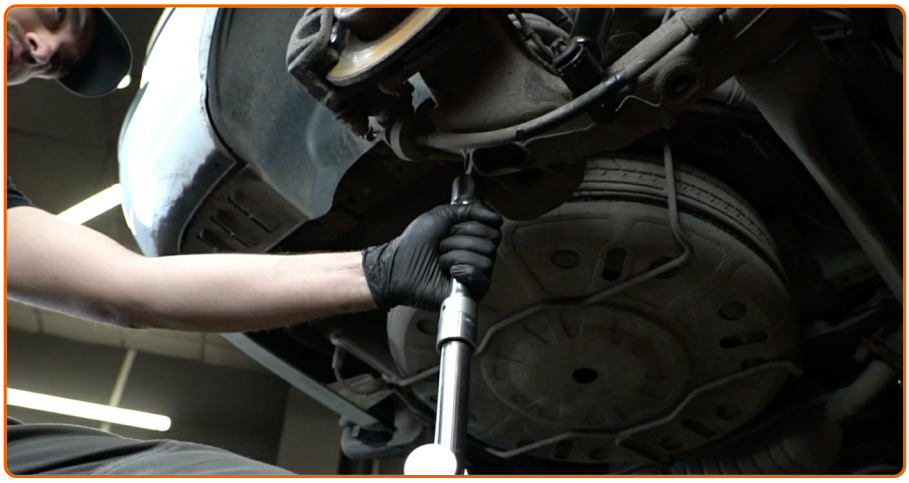
17

Install the fastening bolt.

18

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

19

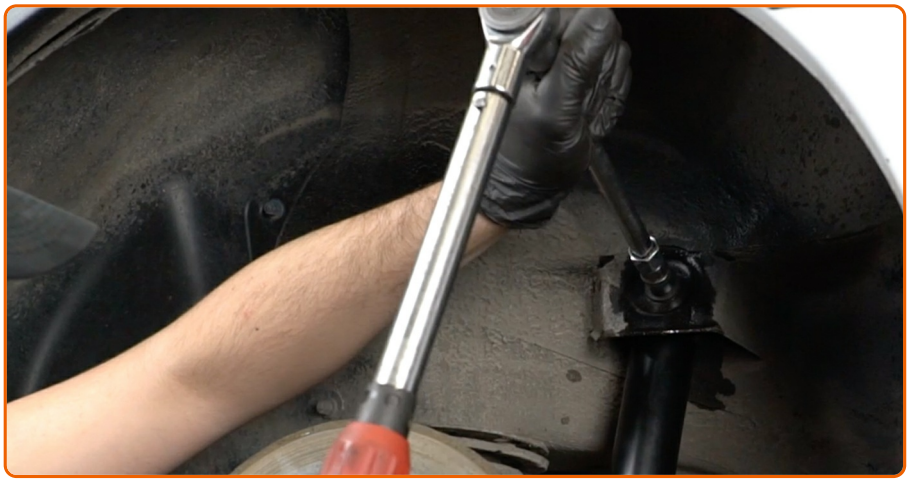


Raise the hydraulic transmission jack by 10-15 cm.

20

Tighten the lower fastener of the shock absorber. Use a drive socket #E20. Use a torque wrench. Tighten it to 74 Nm torque.

21



Tighten the top shock absorber fastening. Use a drive socket #18. Use a torque wrench. Tighten it to 70 Nm torque.

22

Remove the mounting from under the rear axle beam.

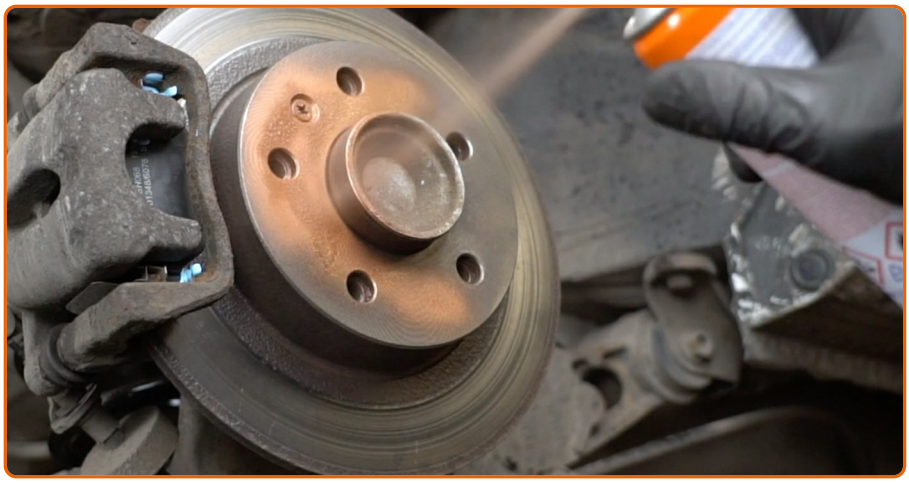
AUTODOC recommends:

- Replacement: shock absorbers – Opel Zafira F75. 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.

Replacement: shock absorbers – Opel Zafira F75. Tip from AUTODOC:

- After applying the spray, wait a few minutes.

26

Install the wheel.

AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. Opel Zafira F75

27

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

28

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 120 nm torque.

29

Remove the jacks and chocks.

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YES NO

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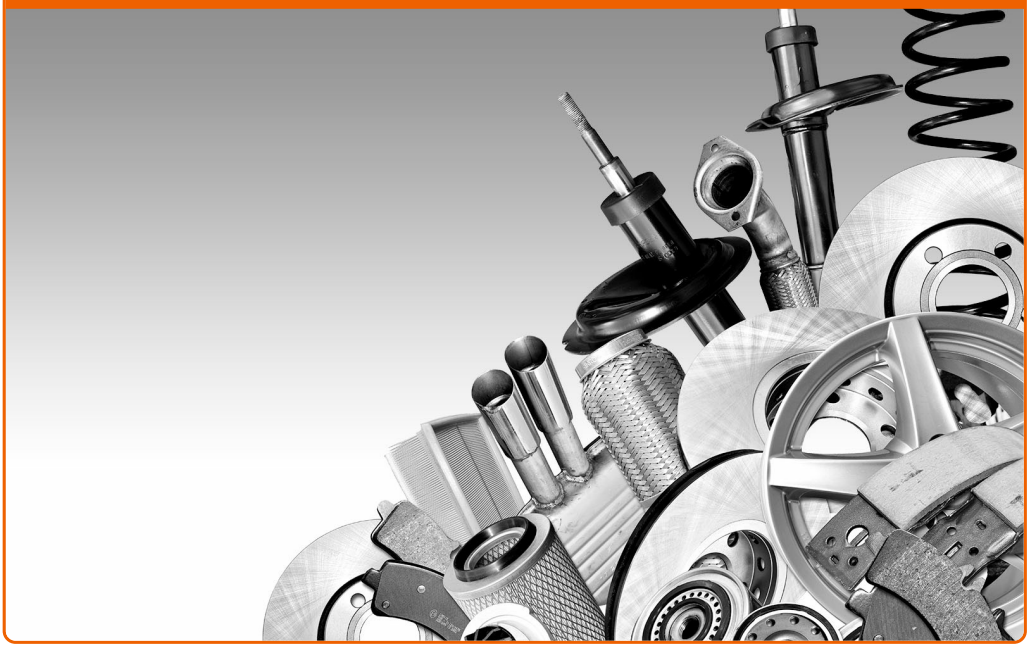

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