

Fitting Instructions #5470IS

Subaru Forester Series 3 SH

Rear Lower Control Arm Outer Bushing



Note: Polyurethane bushings must be fitted to both sides of the vehicle.

- Support the vehicle on jack stands or a hoist and remove the lower control arm;
- To remove the bush without removing the hub assembly you will need the following tools; two metal collars one with an O.D. of 33.5mm and the other with an I.D. of 35mm, both will need to be at least 50mm long. A length of threaded rod and matching nuts, thick washers to cover the ends of the collars if they are hollow and a bearing (can use 2) which can be an old pinion bearing. Assemble the above items as you see in the picture and then use a spanner and hand ratchet to draw the bush out;
- Push in the new polyurethane bushes marked '20019Z';
- Use the grease supplied to lubricate the bore of the bush, outer diameter of the crush tube and the faces of the bush, push in crush tube with multi grips or similar;
- Re-assemble arm and tightened all fasteners to manufacturer's torque settings. Note for ease of re-assembly put the shock absorber lower bolt through last.

