



Installation Instructions

Ford F150 Premium Front Bumper

Product Number: H4550, H4551, H4552
Application: 2018+ Ford F150

SAFETY

Your safety and the safety of others is very important.

- In order to help you make informed decisions about safety, we have provided installation instructions and other information.
- These instructions alert you to potential hazards that could hurt you or others.
- Please do a job safety analysis before each task to identify potential hazards for your situation and remove/protect against them.
- You must use your own good judgment, and take your time.

Read and understand all safety precautions and instructions before installing this product.

**THIS PRODUCT IS FOR OFFROAD USE ONLY. ALL LIABILITY FOR
INSTALLATION AND USE RESTS WITH THE OWNER.**

**CARELESS INSTALLATION AND OPERATION CAN RESULT IN SERIOUS INJURY
OR EQUIPMENT DAMAGE.**

Injury hazard

Failure to observe these instructions could lead to severe injury or death.

- Always remove jewelry and wear eye protection.
- Always use extreme caution when jacking up a vehicle for work. Set emergency brake and use tire blocks. Locate and use the vehicle manufacturers designated lifting points. Use jack stands.
- Always use appropriate and adequate care in lifting components into place.
- Always insure components will remain secure during installation and operation.
- Always wear safety glasses when installing this kit. A drilling operation will cause flying metal chips. Flying chips can cause serious eye injury.
- Always use extreme caution when drilling on a vehicle. Thoroughly inspect the area to be drilled (on both sides of material) prior to drilling, and relocate any objects that may be damaged.
- Always use extreme caution when cutting and trimming during fitting.
- Always tighten all nuts and bolts securely per installation instructions.
- Always route electrical cables carefully. Avoid moving parts, components that become hot and rough or sharp edges.
- Always insulate and protect all exposed wiring and electrical terminals.
- Always perform regular inspections and maintenance on mounts and related hardware.





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I. Overview

Congratulations on your new purchase of the industries' best and most stylish front bumper available for the 2018 Ford F150! This bumper has been engineered for strength while keeping the weight down.

Your front bumper designed in 3-D from digitized data, CNC laser cut, fabricated, and powder coated... all in the U.S.A.

Enjoy the fit and finish of a quality Ford F150 Front Bumper from Fab Fours Inc.





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Parts List

- H455X replacement bumper and brackets
- 50012-HW fastener kit
- HDLA-HW
- 4 Stud plates
- Light kitting [i.e. 20090(2), 61349(2), 61350(2)]
- Instruction manual

Tools Required

- Socket wrench with extension (ratcheting wrenches may also be convenient)
- 7mm, 8mm, 9mm, 10mm, 15mm , and 3/4" sockets and box end wrenches
- T15 torx
- Hex key sets
- Flat head screw drivers
- Floor jack and wood block.

II. Removal of OEM Bumper

Note: Save all OEM parts until installation is complete!

- A. Using a flathead screwdriver, carefully remove center plastic piece, indicated by oval in the center of the OE bumper.

Figure 1a





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Figure 1b

- B.** Using 21 mm socket, remove the three nuts per side, two are located under the plastic center piece (ref. fig. 2a-b) and the third accessible from the back of the frame (ref. fig. 2c). If front OEM bumper contains the adaptive cruise control module (ref. fig. 2b). If your bumper includes adaptive cruise control device, remove it now using a E6 external socket. Unplug the device.



Figure 2a

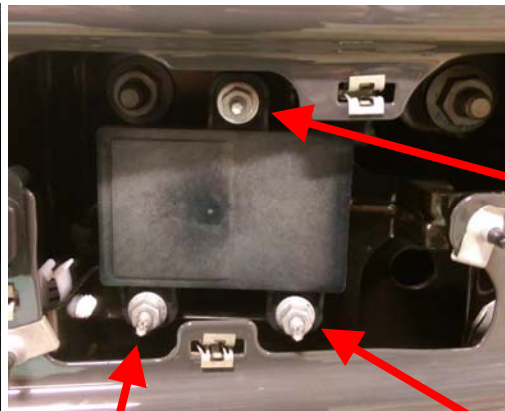


Figure 2b





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Figure 2c

- C. To remove the electrical harness, unplug fog light and remove one (1) Christmas tree plug on each side. At this time, carefully pull away bumper checking to make sure nothing is still connected.
- D. Pull rubber covers off the tow hooks. Use a 15 mm socket to remove the two bolts per side holding the tow hook in place.



Figure 3

- E. Slide out both nut strips from the frame channel when done.
- F. If your vehicle model includes a louver system for the intercooler located between the frame mounts, the shroud must be removed.





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Carefully pry clips (see red arrows below) around exterior of louver box outward and pull shroud.



Figure 4a (Removing shroud from louvers)



Figure 4b (Shroud removed)





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III. Pre-Installation

NOTE: The following installation steps apply to the installation of the front bumper. **PLEASE READ THE ENTIRE MANUAL BEFORE ATTEMPTING INSTALLATION.** Ignoring these steps will increase your probability of scratching the vehicle during product installation.

- A. Remove the bumper from the shipping carton. Lay all items out on a blanket to prevent damage to the powder coating.
- B. Tap into OEM electrical harness and wiring using supplied tap connectors using the diagram on the following page.
- C. Connect supplied wiring harness to tap connectors. **DO NOT CONNECT LIGHTS UNTIL BUMPER IS INSTALLED.**

WIRE COLORS:

	<u>WIRE</u>	<u>FAB FOURS</u>	<u>OEM COLOR</u>
TURN SIGNALS (Ref. Figure W-TS-1, 2)	Turn	Green →	Blue/Green (LH) Yellow/Brown(RH)
		White →	Black/Yellow(LH) Black/Gray(RH)
	Ground	Red →	Blue/Gray





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Figure W-TS-1



Figure W-TS-2

Optional: If installing winch and roller fairlead into bumper, do it at this time. Follow the winch manufacturer's instructions for installation. If you are installing a winch with a pulling capacity of 12,000 lbs., the front face mounting holes must be used.

If not installing a winch, a license plate may be installed onto the front face of the bumper.

IV. Front Bumper Installation

- A. Mount bracket to truck frame. Two bolts go through the bottom of the frame and two go through the front face of the frame.

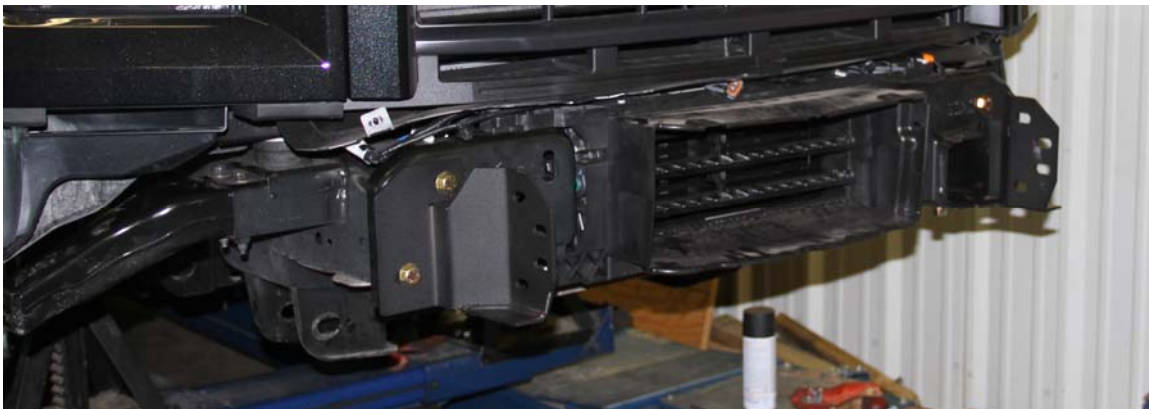


Figure 10a





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- B. Mount bracket to bumper. With the help of at least two others, and possibly a floor jack, to support the center of the bumper, lift the Fab Fours bumper into place.
- C. Insert the set of stud plates from the inside facing out and tighten. **Do Not Fully Tighten, Hand Tighten Only!**
- D. Align the bumper side to side and top to bottom to ensure a perfect fit to the truck. Allow 0.375" of clearance to all painted surfaces if possible. This is to allow for frame flex!
- E. Fully tighten all fasteners between bumper and brackets as well as brackets and frame.
- F. The fog light wiring may be installed at this time. To do so, connect wiring to fog light and tap into OEM fog light wiring using supplied tap connectors. Secure excess wiring to bumper.
- G. Install turn indicators into the plastic light insert using three self-tapping screws as shown below:

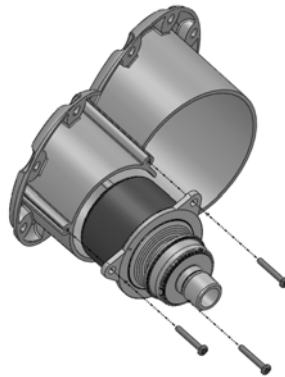


Figure 6

- H. Install the light inserts with turn indicators into the cutout in the bumper. Use the $\frac{3}{4}$ " length $\frac{1}{4}$ " stainless steel button head, $\frac{1}{4}$ " washers and hex nuts to fasten the insert through the *holes shown below*:





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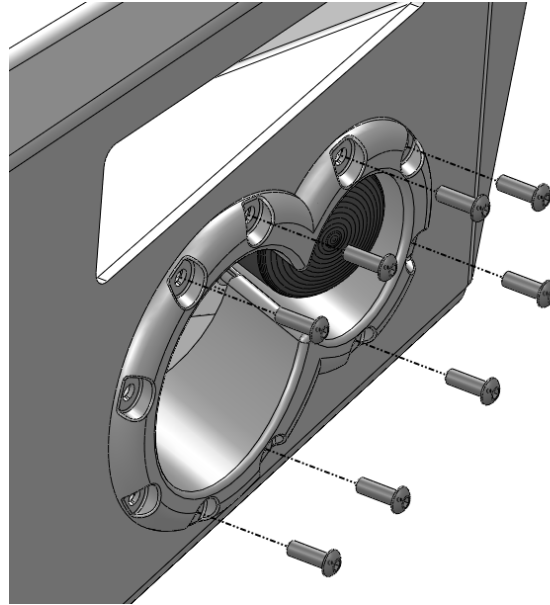


Figure 7

- I. Install the Fab Fours fog lights onto the mounting brackets as shown below using the #8 button head screws, washers, and hex nuts.

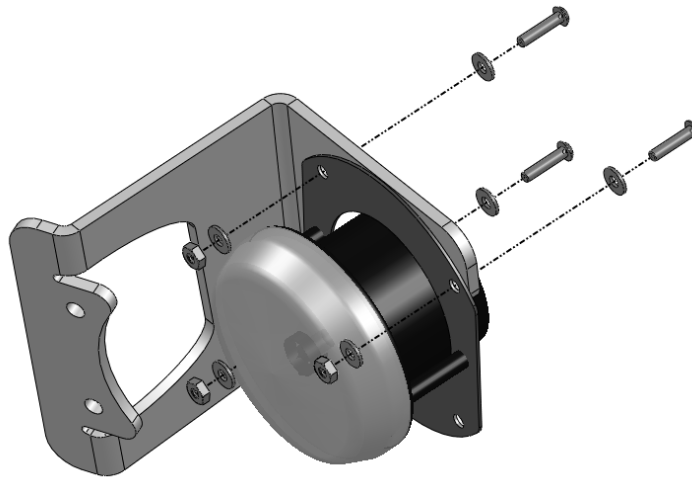


Figure 8

- J. Install the fog light and bracket into the bumper using the remaining two holes available in the light insert. Use the 1-1/2" length 1/4" stainless steel button heads with 1/4" washers and nuts.





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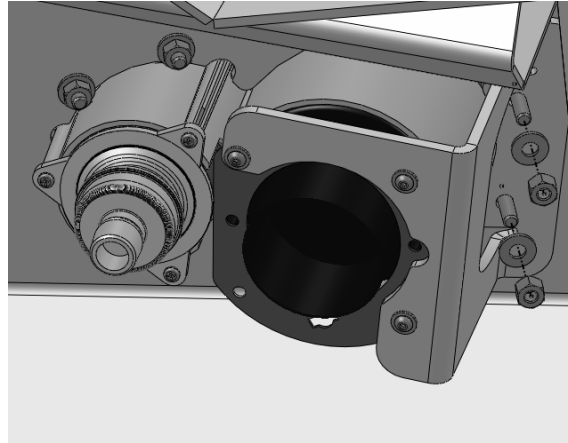


Figure 9

- K. Secure OEM electrical harness to the Fab Fours bumper.**
- L. Repeat steps G through K for other side.**
- M. Enjoy your new rear rreplacement bumper from Fab Fours!**





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Maintenance/Care

- Periodically check and tighten all fasteners.
- Stripped, fractured, or bent bolts or nuts need to be replaced.
- After washing of the vehicle make sure to fully dry all surfaces

V. Contact Information

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