



Installation Instructions

Ford F150 Front Winch Bumper

Product Number: H1951, H1950, H1952
Application: 2009-2014 Ford F150 ½ Ton Truck

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 (JSA) 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** ensure 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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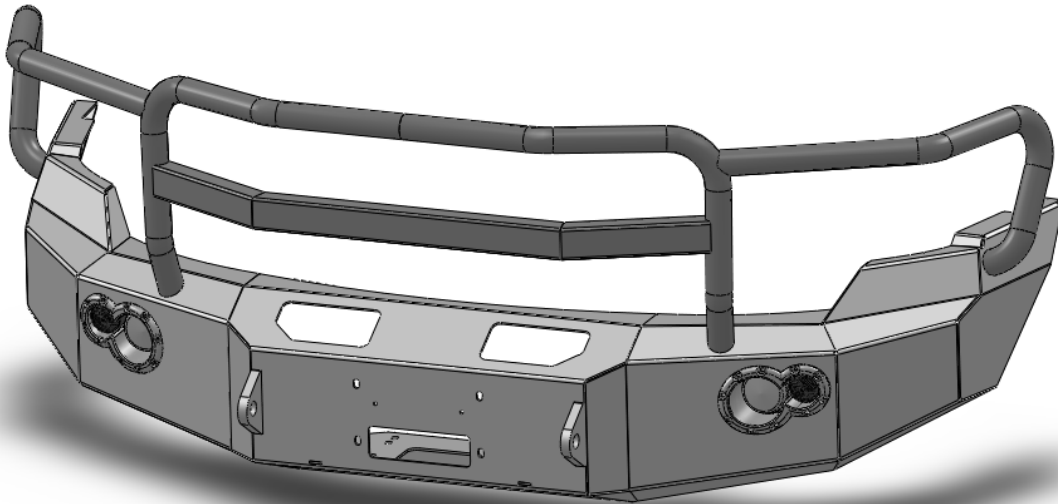
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I. Overview

Congratulations on your new purchase of the industries' best and most stylish Front Winch Bumper available for the 2009 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 Winch Bumper from Fab Fours Inc.



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II. Tools Required

- Socket Wrench with Extension
- Breaker Bar
- 3/4", 8mm, 10mm, 15mm, and 21mm Sockets
- 5/32" & 1/8" Allen Keys
- Flat and Phillips Head Screw Drivers
- 3/4", 7/16", & 3/8" Open End Wrench
- Floor Jack and wood block.

III. Kit Contents

	QTY	DESCRIPTION	FAB FOURS PART NUMBER
	x 1	Ford F150 Front Bumper	H195X
	x 1	Ford F150 Driver Mounting Bracket	20362
	x 1	Ford F150 Passenger Mounting Bracket	20363
	x 2	Nut Strip Backer Plate	20362-03
	x 1	Driver Fog Light Mounting Bracket	20318-08
	x 1	Passenger Fog Light Mounting Bracket	20318-09
	x 2	Fab Fours Fog Light	61737
	x 2	Fab Fours Running light, Turn indicator	61738
	x 4	Stud Plate	20296
	x 1	HDLA Hardware Kit	HDLA-HW
	x 1	H19XX Hardware Kit	H19XX-HW
	x 1	Resistors	61675

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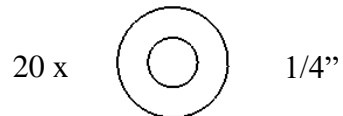
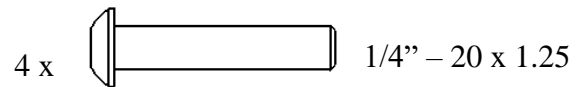
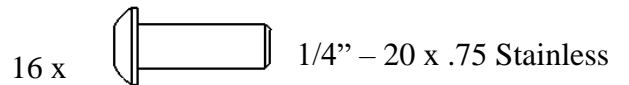
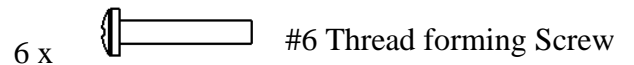
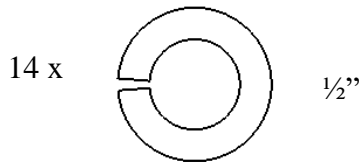
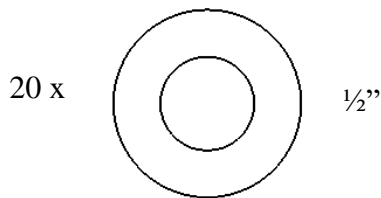
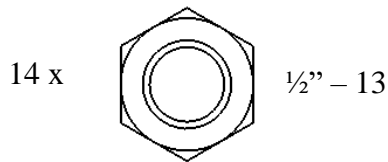
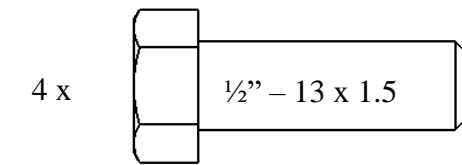


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IV. Included Hardware



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V. Removal of Stock Bumper

1. Disconnect the factory fog light harness and tie up out of harm's way.
2. Open Hood.
3. Remove bolt holding hood release mechanism using a 10mm wrench.
4. Remove 2 bolts holding the center section of the plastic valance using a 10mm socket or wrench. See Image Below.

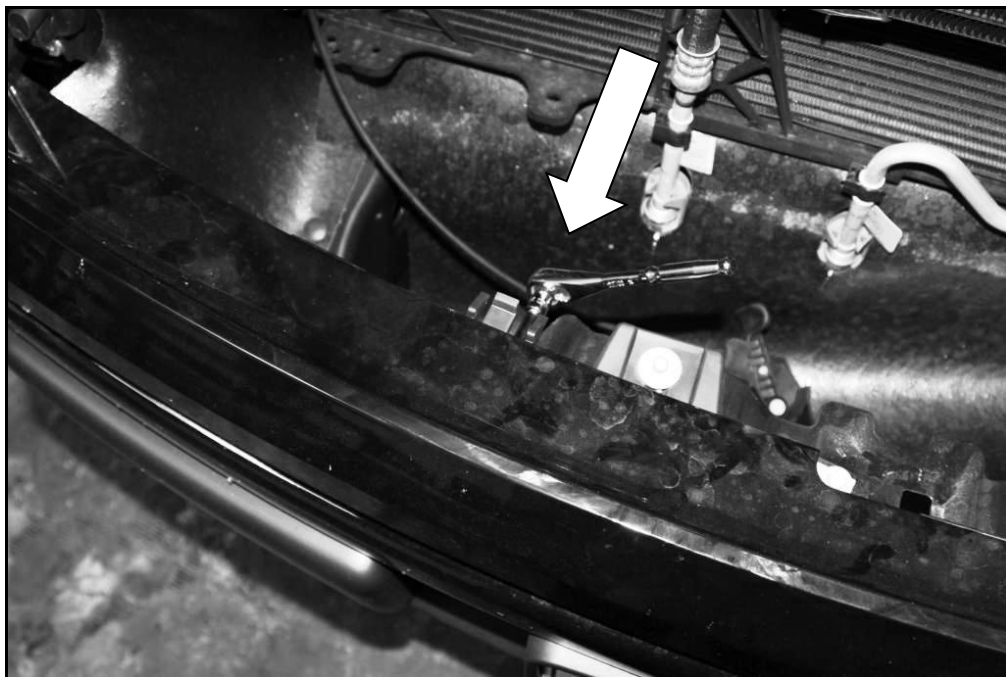


Figure 1 - FASTENER LOCATION

5. Remove 5 plastic tree clips holding the rubber dust shield to the bottom edge of the bumper.
6. Remove the 4 nuts (2 per side) holding the front bumper to the frame ends using a 21mm socket.
7. Using two people remove the metal portion of the bumper from the front of the vehicle.
8. Remove the tow hooks from either side of the frame using a 15mm socket; save the screws and stud plates for later reuse.
9. Remove the 4 bolts per side from the fender well opening going up through the painted plastic valance and into the fender using a 10mm socket, extension, and possibly a knuckle.

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10. With a 10mm socket and wrench, remove the three (3) fasteners holding the headlight in place. Two (2) are located on top of the headlight and one (1) is on the inside front behind the splash mats.
11. Using a 10mm ratcheting wrench remove the two bolts holding the plastic painted valance sub-structure that were hidden by the headlights:

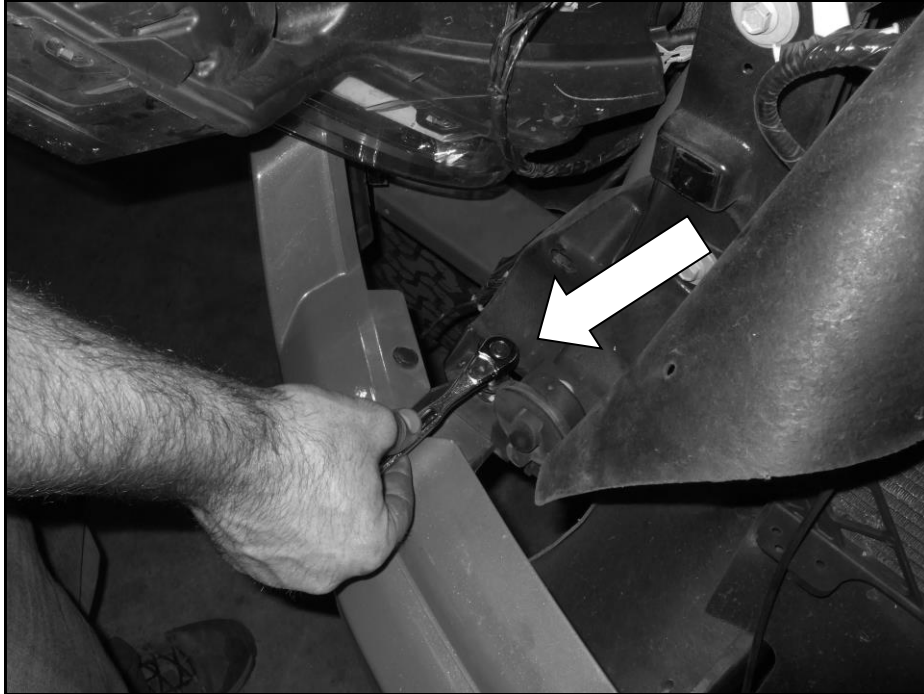


Figure 2 - UNDER HEADLIGHT FASTENER LOCATION

12. Remove the painted plastic valance by pulling outward and rotating away from the vehicle.

Your Truck is now ready for the install of your new Fab Fours Front Bumper!

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VI. Lights and Wiring Installation

1. With the headlights removed, tap into the turn indicator wiring with the supplied tap connectors.
2. The turn indicator wiring harness may be installed at this time. To do so, remove the wiring harness and bulb socket from the lens housing. See below for wire color guide.

FAB FOURS TURN INDICATOR WIRING

WHITE WIRE = GROUND

BROWN WIRE = RUNNING

RED WIRE = TURN

FAB FOURS FOG LIGHT WIRING

WHITE WIRE = GROUND

BLACK WIRE = POWER

***Note: For customers that are going from LED to our LED lights you should not need to**

use the provided resistors*

***For customers that are going from Halogen to our LED lights then you may need to use**

the provided resistors on our turn indicators; please wire the resistors between your

power and ground wire*

***Use a multi-meter or test light to determine the correct location for each wire**



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3. Tuck the Fab Fours provided wiring and bulb out of the way until the installation of the Fab Fours bumper is complete.
4. Replace headlights in reverse order of removal. Be sure to rout newly installed Fab Fours wiring away from sharp edges down to the bumper area.
5. Tap into OEM fog light harnesses on each side of the vehicle using two supplied tap connectors.
6. Connect the supplied fog lamp wiring harnesses to tap connectors following wire color guide above.
7. Tuck OEM fog light harness and Fab Fours supplied wiring out of the way until completion of the bumper installation.
8. Install turn indicators into the plastic light insert using three self-tapping screws as shown below:

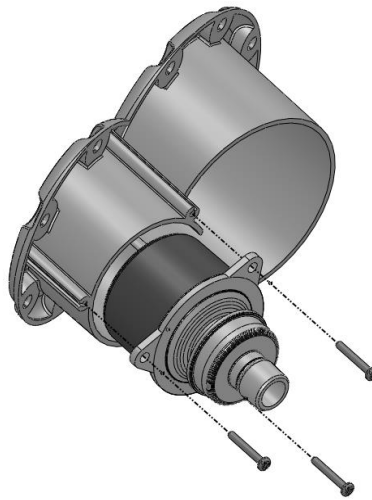


Figure 3 – Turn Signal Installation

9. 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. Do not use the two holes closest to the center of the bumper at this time. Use washers only on the nut side (inside the bumper). Use needle nose pliers to tighten nuts with limited access.



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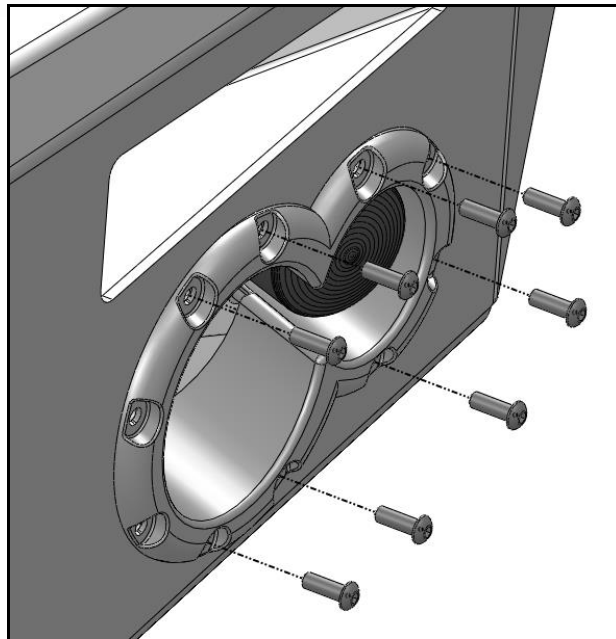


Figure 4 – Light Insert Installation

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

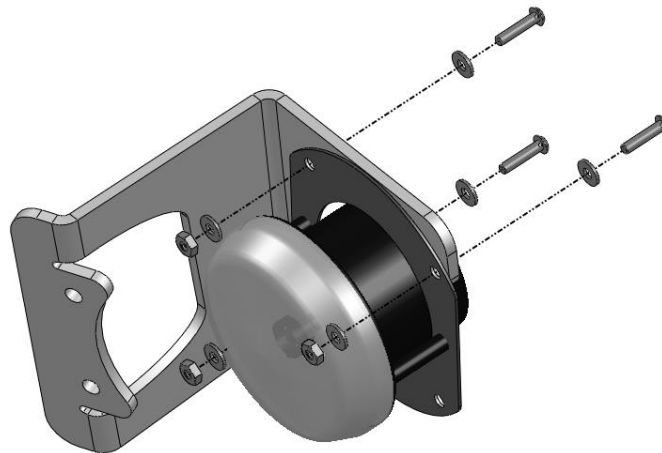


Figure 5 - Fog Light to Bracket Installation

11. 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 nylock nuts:



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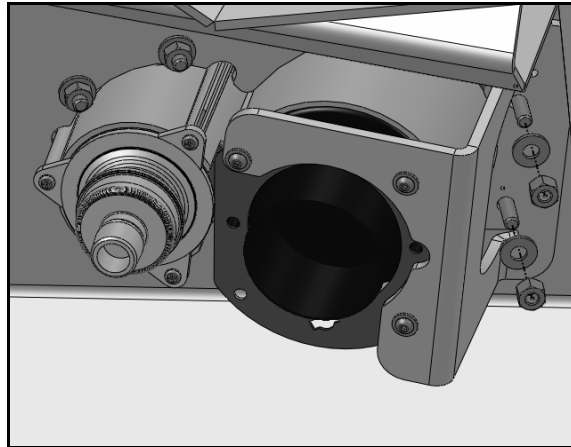


Figure 6 - Fog Light Installation

12. Repeat steps 7-10 for other side.

- ❑ **Do not connect wiring harnesses to lights until bumper is installed.**

VII. Front Winch Bumper Installation

- **Optional:** If installing winch and roller fairlead into bumper, the winch must be placed into the bumper before installation on the vehicle. To ease the installation of the bumper, loosely install the winch at this time; it will later be moved to increase accessibility of bumper mounting fasteners. Always follow the winch manufacturer's instructions for final 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 (Hardware not included).

1. Install the intermediate mounts onto the bumper using the provided stud plates, washers, lock washers, and nuts. The stud plates should face the inside of the truck for ease of tightening. See below:



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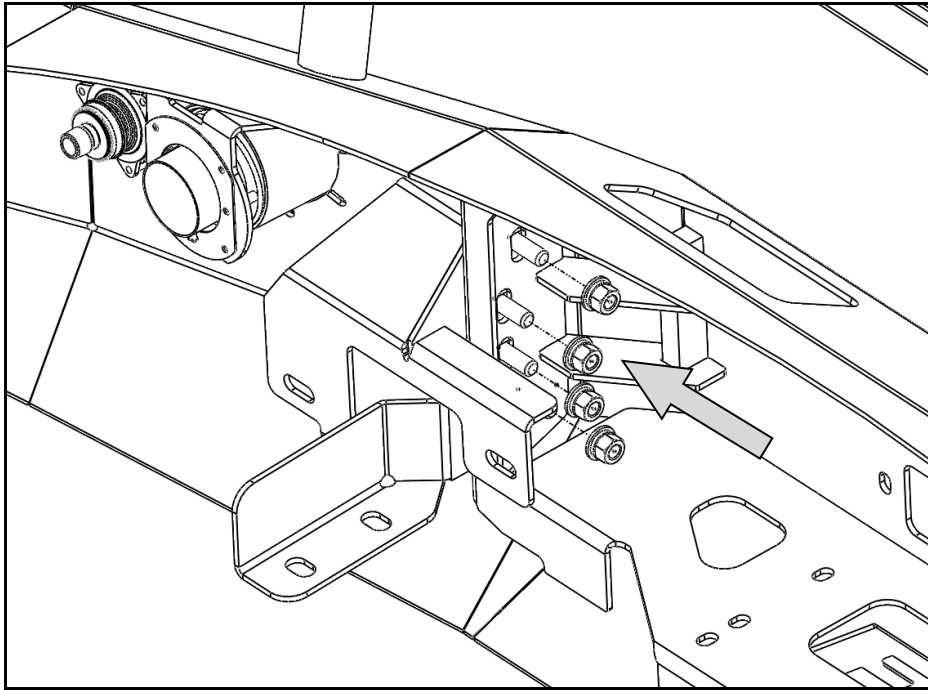


Figure 7 – INTERMEDIATE BRACKET INSTALLATION – TOP VIEW

2. Slide the bracket all the way to the top of its adjustment and snug one nut per side to keep the bracket in place.
3. Temporarily affix the OEM tow hook nut plates to the provided backing plate with masking tape, then attach the nut plate with backer plate to the inside of the frame mount as shown below as access to this area will be difficult once the bumper has been placed on the truck.



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Figure 8 – OEM NUT PLATE PRE-INSTALLATION

4. With the help of a lifting device such as a crane or floor jack, or with the help of multiple assistants, lift the bumper and align with the frame flanges, inserting the end of the intermediate bracket into the open portion of the frame rail

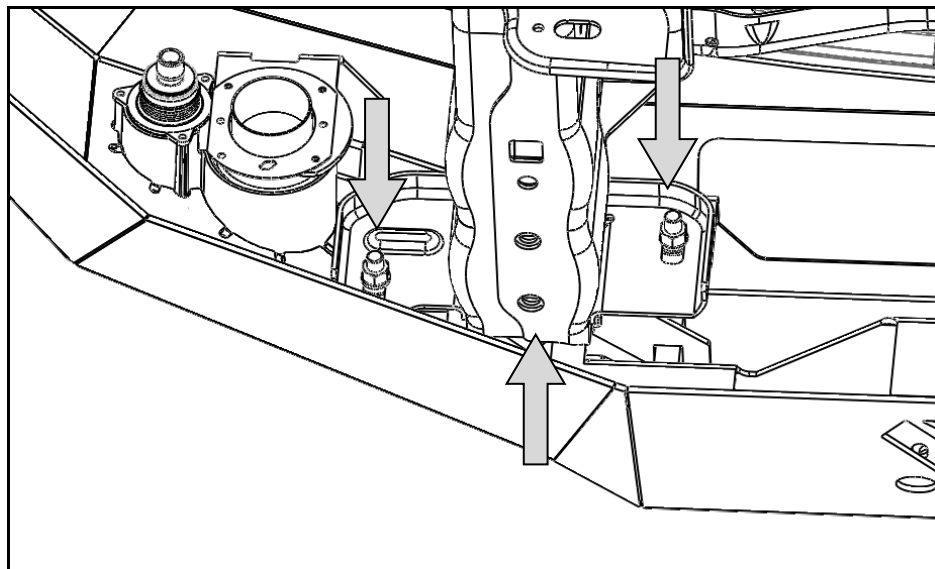


Figure 9 – FRAME FASTENER INSTALLATION LOCATION

5. Loosely install the provided ½”x1.5” bolts through the slots in the frame flange and intermediate bracket. Reinstall the OEM tow hook screws into the OEM stud plate on the inside of the frame rail. Do not fully tighten these fasteners at this time.

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- Adjust the bumper to achieve good visual alignment side to side with equal gaps at each fender. Fully tighten the ½” bolts in the frame flanges with ¾” socket and wrench and then fully tighten the OEM tow hook bolts with a 15mm socket.
- If a winch is installed in the bumper, loosen it at this time to allow it to move side to side within the bumper. **CAUTION: DO NOT MOVE THE WINCH REARWARD IN THE BUMPER.** Doing so can cause the winch to fall and severely damage the truck’s cooling system and pose an extreme injury risk for those working on the bumper. Only move the winch from side to side, keeping it in contact with the mounting faces at all times.
- Lift the bumper to achieve good visual alignment underneath the headlights and fenders. Once desired alignment is attained, fully tighten the bracket to bumper fasteners with a ¾” socket.

NOTE: Fab Fours recommends a **MINIMUM** gap of 3/8” at the outer fenders and headlights to prevent paint damage in normal operation.

- Clip the splash mat to the holes provided in the winch mounting area. Depending on the type of winch you are using, slight trimming of the splash mat may be required.

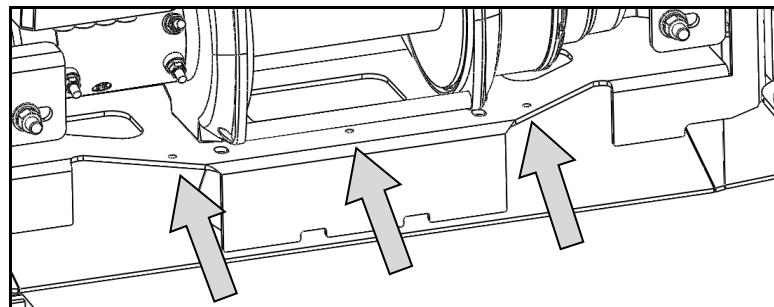


Figure 10 - SPLASH MAT CLIP LOCATION

- Remove the spring nut from the OEM hood latch bracket and reinstall it on the Fab Fours bumper hood latch bracket. Use the OEM bolt to attach the hood latch lever to the bracket in the same orientation as the OEM installation.
- Connect wiring harnesses to lights as shown in wiring diagram.
- Verify proper operation of lights. **Note:** Turn indicators should be dim during “running” condition and flash bright for turn.

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VIII. 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

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