

2009-2014 Ford F150 Super Crew- Cab Length

RUNNING BOARD INSTALLATION INSTRUCTIONS



SAFETY

Know safety, no injury. Know injury, no safety. ~Author Unknown

- **READ ALL SAFETY INSTRUCTIONS BEFORE INSTALLATION**

- FOLLOW ALL INSTRUCTIONS FOR PROPER ASSEMBLY
- WEAR APPROPRIATE EYE PROTECTION
- EXERCISE CARE WHEN LIFTING COMPONENTS
- USE APPROPRIATE TORQUE FOR BOLTS
- BLUE THREAD LOCKING COMPOUND IS RECOMMENDED ON ALL BOLTS

- SUGGESTED TORQUE VALUES FOR STEEL GRADE SAE 5 BOLTS

BOLT DIAMETER (INCH)	TREADS PER INCH	TORQUE (POUND-FEET)
1/4	20	7
5/16	18	14
3/8	16	25
7/16	14	40
1/2	13	60
9/16	12	88
5/8	11	120
3/4	10	200
7/8	9	302
1	8	466



2009-2014 Ford F150 Super Crew SWB

I. PARTS LIST

<u>QUANTITY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
1	60P-56-0483	RIGHT RUNNING BOARD
1	60P-56-0484	LEFT RUNNING BOARD
1	60K-56-0030	HARDWARE PACKAGE #30

II. TOOL LIST

1. A good friend
2. Basic tool kit
3. 1/2" wrench
4. 1/2" socket

III. VEHICLE PREPARATION

1. Install Spring Nuts from Hardware Kit# 30 in existing cab holes. You may need to remove tape or plugs covering the holes.
Front mount - 2 spring nuts



Middle mount - 1 spring nut



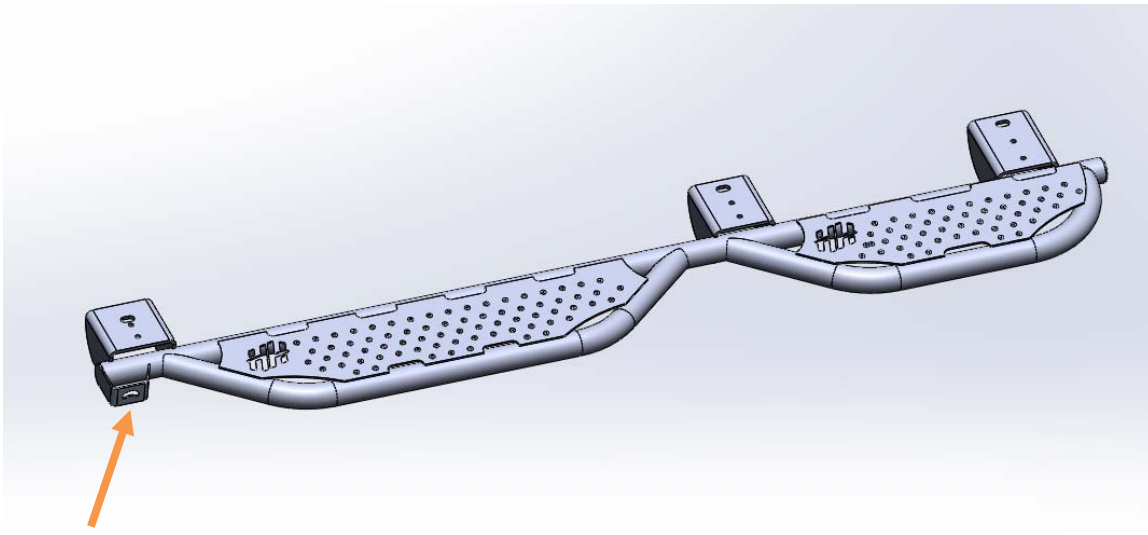


2009-2014 Ford F150 Super Crew SWB Rear mount - 2 spring nuts



IV. RUNNING BOARD INSTALLATION

1. Identify the left running board. It will have a bottle opener (arrow) on the left side.



(Picture is for reference only; your running boards may differ.)

2. Have a friend help you hold the running board up to the mounting location.
3. Install one 5/16"-18x1" hex head bolt with a 5/16" lock washer and 5/16" flat washer in the front hole of the front mount. Hand tighten bolt.
4. Install one 5/16"-18x1" hex head bolt with a 5/16" lock washer and 5/16" flat washer in the rear hole of the rear mount. Hand tighten bolt.
5. Install one more bolt, lock washer, flat washer combo in front, middle, and rear mount.
6. Install five 5/16"-18x1" hex head bolt, five 5/16" flat washers, five 5/16" lock washers, and five 5/16"-18 hex nuts in the lower angled running board mount. Install the bolts from the bottom.



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7. Tighten all hardware. Left side installation is now complete. Follow the same procedure for the right side of the vehicle.



Congratulations! Your installation is now complete.
Thank you for your purchase.