

Fitting nudge bars for extra protection

Many minor road accidents happen in slow-moving, nose-to-tail traffic where the car behind runs into you, or you bump into the car in front.

This can lead to broken light lenses, bent or cracked bumpers and even, in severe cases, dented bodywork, all of which may be expensive to repair or replace. But you can give your car an extra degree of protection against knocks by fitting the front and rear of it with nudge bars.

Nudge choice

You can buy individual nudge bar kits for the front or rear from most motor accessory shops, although you may have to order them, depending on your make of car.

Nudge bars come in a variety of different finishes. Some are simply painted, usually black, others are available in stainless steel, and some are chromed. A few have a plastic coating.

Check with your dealer or look at manufacturers' catalogues to find out if there is a kit available for your

model and what are the different styles and prices.

Full kit

The kit should come with full fitting instructions and all the necessary nuts, bolts and washers.

You may have to remove some nuts and bolts from the existing bumper mountings or sub-frame and fit the nudge bar bolts in their place. Some kits have adjustable mounting positions so the bars can be moved in or out from the body to accommodate any extra spot or fog lights that you have fitted. If your car has a front spoiler, you may have to cut holes or slots in it to allow the nudge bar fixings to be bolted on to the car.

The rear nudge bar may be mounted on the boot lid, held down at the edges by small grub screws. The main bar rests against the boot on rubber pads. (The Mini uses this type.)

One important point to watch out for when fitting the nudge bar is to ensure it doesn't obscure any lights.



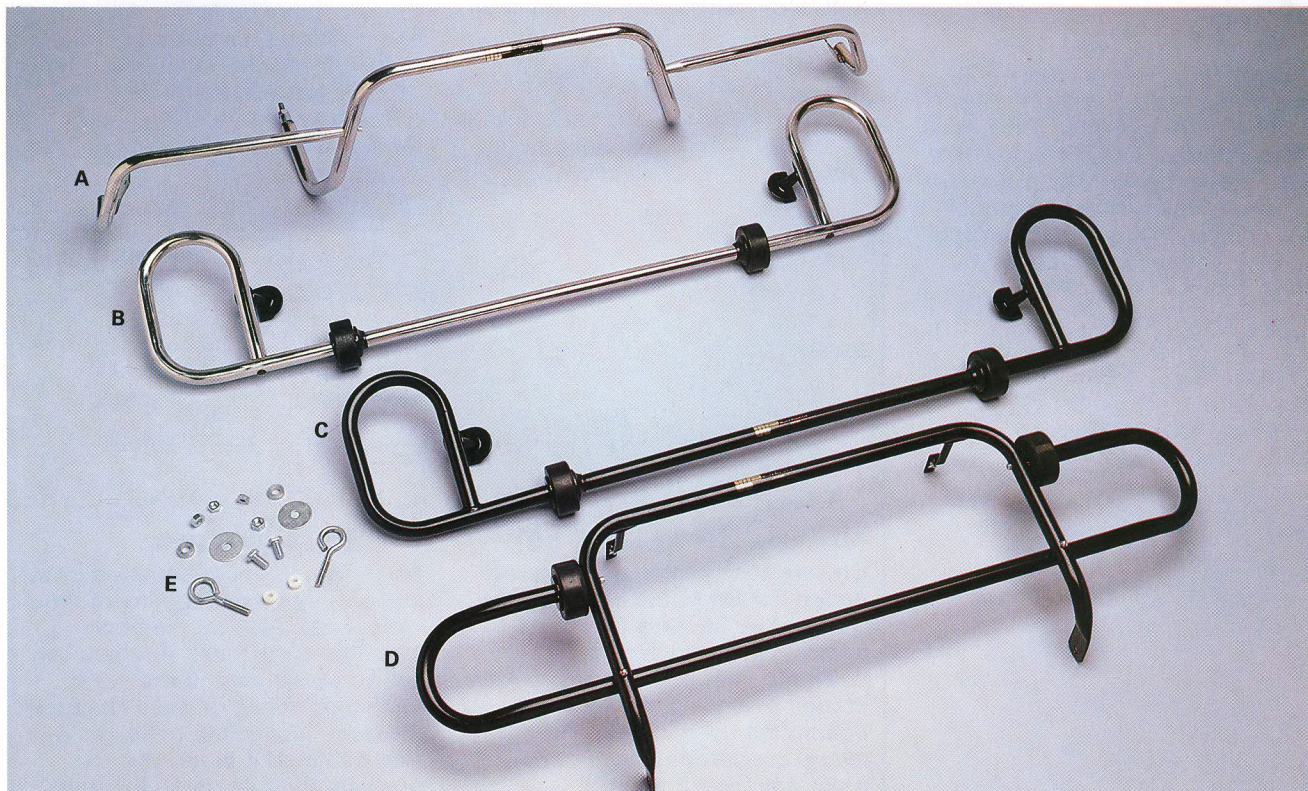
Tools and materials

- Nudge bar kit
- Penetrating oil
- Spanners
- Screwdrivers

Nudge bar selection

The Wood and Pickett nudge bars shown here are for the Mini.

- A Stainless steel three-piece front bar for Mini Clubman
- B Stainless steel rear bar
- C Black rear bar
- D Black one-piece front bar for standard Mini
- E Fitting kit of nuts, bolts, eye bolts and washers



Steady bars

Some front nudge bars have two steady bars to connect the top edge of the nudge bar to the bodywork. This gives a more rigid mounting.

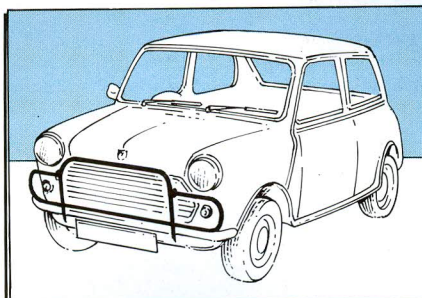
The steady bars usually run from the nudge bar to the bonnet lock platform. Remove any blanking grommets, plugs or bolts as specified in the instructions, then fit the bolts supplied and do them up tight.

Now check that the bonnet will still close. More often than not, you will have to adjust the bonnet lock to compensate for the bars. How to do this is shown on *Bodywork 21*.



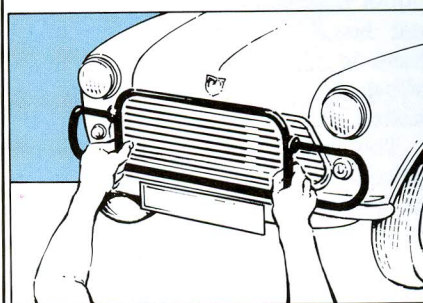
Stay legal

When fitting the bars to front or rear, it is very important to get them aligned correctly. They must not obscure any of the lights and must leave the number plate clearly readable. If you cover up any of these items, you will be breaking the law and may be stopped by the police.



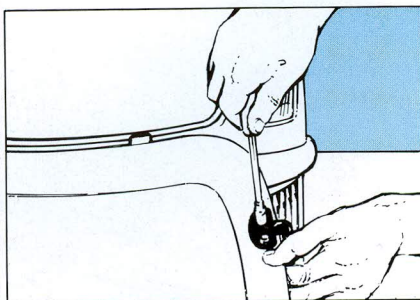
1 Find the mountings

Check the nudge bar mounting positions in the instructions. The bar may use existing holes in the bodywork or sub-frame, or you may have to remove existing bolts so that the nudge bar mountings can fit in their place. Lubricate any bolts with penetrating oil to make their removal easier.



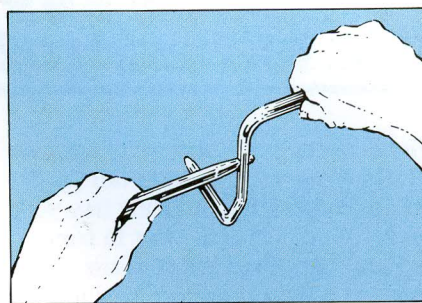
3 Fit the front bar

Remove all the necessary nuts and bolts from the car. Offer up the nudge bar, and check that the bolt holes align with those on the bodywork. Fit all the bolts finger tight so that the bar is held in position. On some cars the top edge of the bar is steadied by brackets (see sideline, left for details).



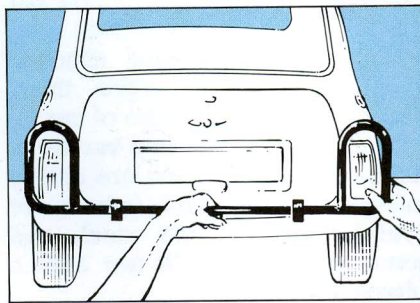
4b ...Or fit to boot lid

On cars such as the Mini, the rear nudge bar fits to the bootlid. Split the bar into its three sections by pressing in the locking buttons. Open the boot and fit one bracket section over the boot edge. Loosely tighten the bolts, then fit the centre bar section followed by the second bracket section.



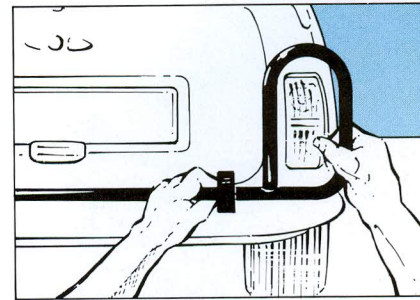
2 Assemble the bar

Some nudge bars come as a one-piece unit, while others have to be assembled first. If yours has to be assembled, it will usually be obvious which part fits where. However, if you are unsure then check in the fitting instructions. Assemble the bar, but don't tighten the bolts fully just yet.



4a Fit rear bar to body...

If the nudge bar for the back of the car fits to the bodywork, remove all the necessary bolts from the car. Then offer up the bar and fit the bolts finger tight – don't do them up fully just yet. If you have difficulty, ask a friend to support the bar while you fit the bolts.



5 Adjust the bars

Make sure the bars are fitted level and are not obscuring any of the car's lights. Also on the boot-mounted type, make sure you can still close the boot. If the bar is badly positioned or does obstruct the boot, loosen the bolts, get a friend to hold it in the correct position, then do up all the bolts.