



Headache Rack

TOLL FREE SUPPORT: 866 638 4870

Part No. H0003B

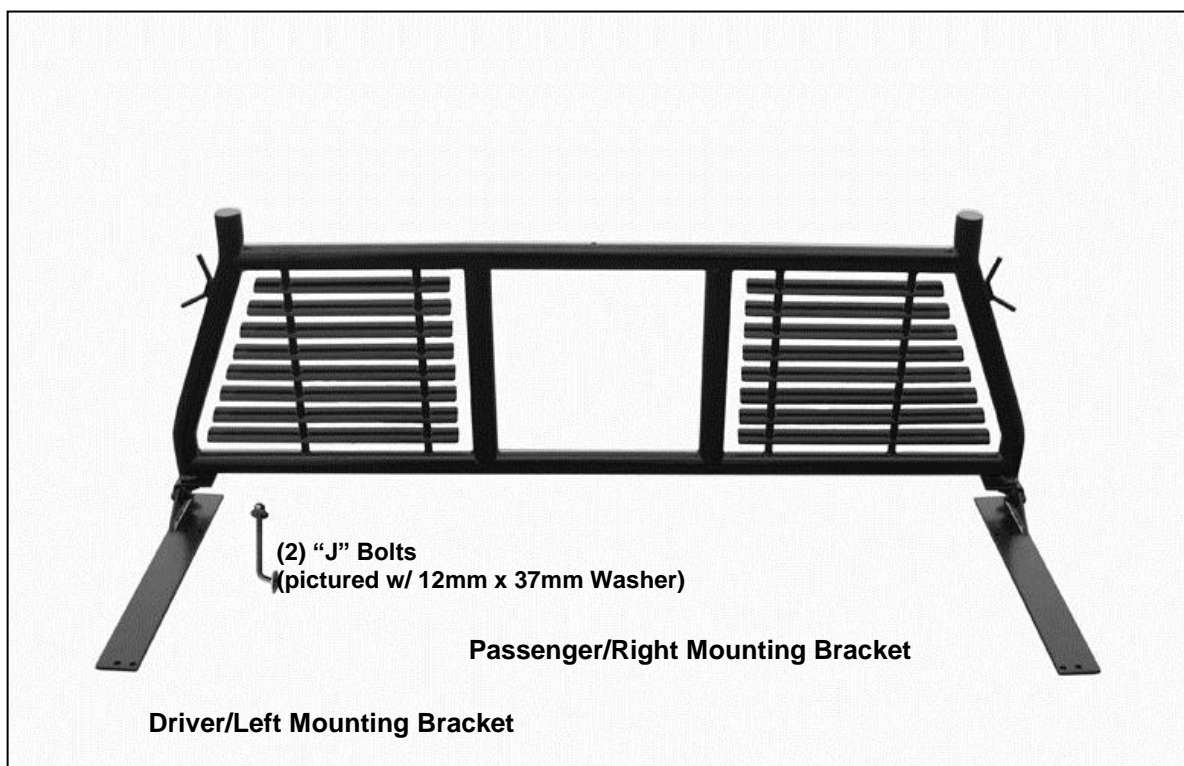
Fits: Chevrolet Silverado / GMC Sierra	1988-1998
Ford F 150	1997-2008
Dodge Ram 1500	2002-2008
Dodge Ram 2500 /3500	2002-2014
Toyota Tundra	2007-2014

PARTS LIST:

Qty	Part Description	Qty	Part Description
1	Headache Rack	2	Special 10mm "J" Bolts
1	Driver Mounting Base	6	10-1.5mm x 40mm Hex Bolts
1	Passenger Mounting Base	6	10mm x 34mm OD x 3mm Flat Washers
4	12-1.75mm x 40mm Hex Bolts	12	10mm x 24mm OD x 2.2mm Flat Washers
10	12mm x 37mm OD x 3mm Flat Washers	6	10mm Lock Washers
4	12mm Lock Washers	6	10mm Hex Nuts
4	12mm Hex Nuts		

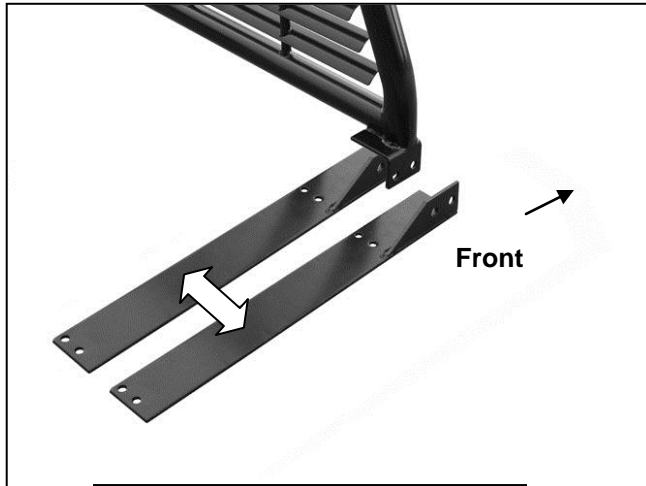
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Install Time : 60 – 180 Minutes
(Professional Installation)
Install Note : Drilling is required. Assistance is recommended. Cutting of plastic bed liner (if equipped) may be required. To use the **Loctite thread locker 242 (or equivalent)** to secure the nut from vibrating loose after installation.



INSTALLATION PROCEDURE

1. Select the driver side Mounting Bracket. Bolt the Bracket onto the outside of the tab on the left/diver side of the Headache Rack with (2) 12mm x 40mm Hex Bolts, (4) 12mm Flat Washers, (2) 12mm Lock Washers and (2) 12mm Hex Nuts. Snug but do not fully tighten hardware at this time. Repeat to attach the passenger side Mounting Bracket. **IMPORTANT:** The Mounting Brackets can be attached to the outside or inside of the Headache Rack if width adjustment is required, (**Figures 1 & 8**). The Brackets can also be switched side to side for additional Rack width if desired.



Mounting Brackets can be bolted to the inside or outside of the mounting tab on the Headache Rack to accommodate different truck bed width

(Fig 1) Passenger side pictured

2. With assistance, carefully place the Headache Rack onto the approximate mounting position at the front end of the truck bed. Line up the forward end of the Brackets with the end of the bed. Adjust the width of the Brackets for best fit on the truck bed as described in **Step 1**.
 - a. Determine if the forward holes in the Brackets line up with the front stake pockets. **NOTE:** On some vehicles, the front stake pocket may be covered with a plastic bed cap. Remove or cut out the cover as required to gain access to the stake pocket, (**Figure 2**).

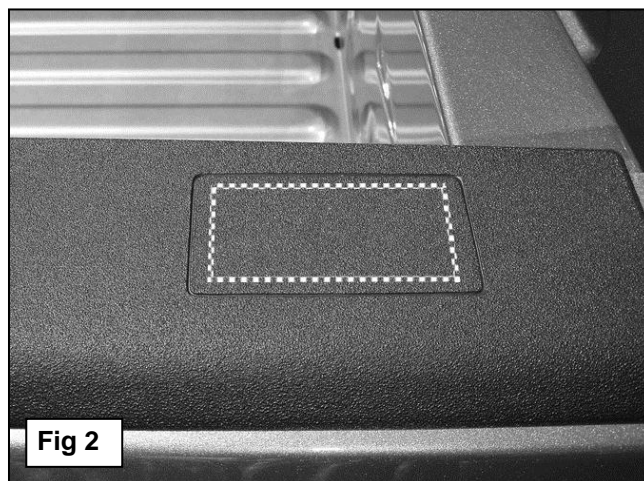
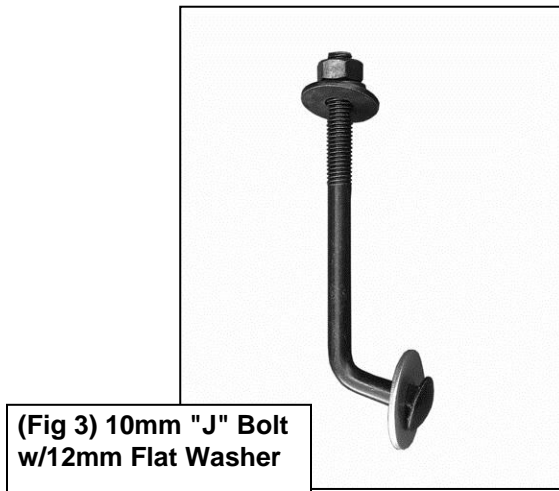


Fig 2

- b. On most vehicles, the forward holes will line up with or close to the forward stake pockets. On these vehicles, select (1) 10mm "J" Bolt and (1) 12mm Flat Washer, (**Figure 3**). Slide the Flat

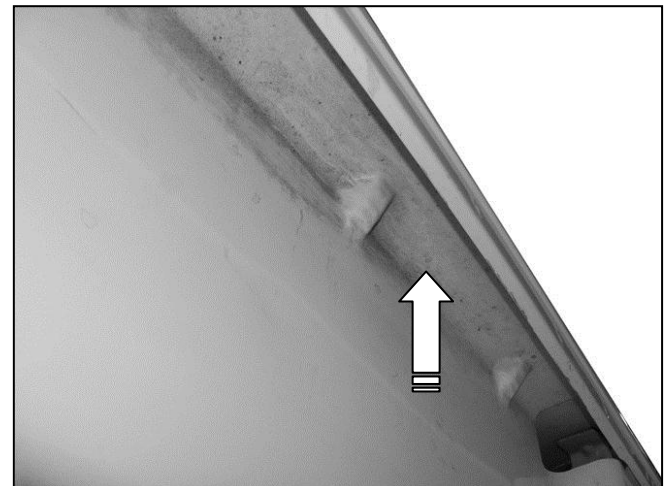
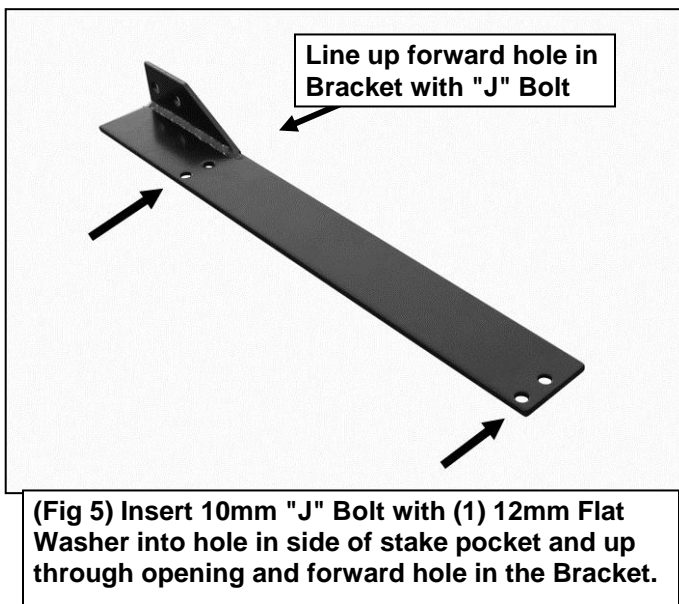
Washer over the "J" Bolt down to the head on the bolt. Insert the "J" Bolt into the hole in the side of the stake pocket and up and out the hole in the Bracket, **(Figure 4)**. Secure the Bracket to the "J" Bolt with (1) 10mm Small Flat Washer, (1) 10mm Lock Washer and (1) 10mm Hex Nut. Do not fully tighten hardware at this time.

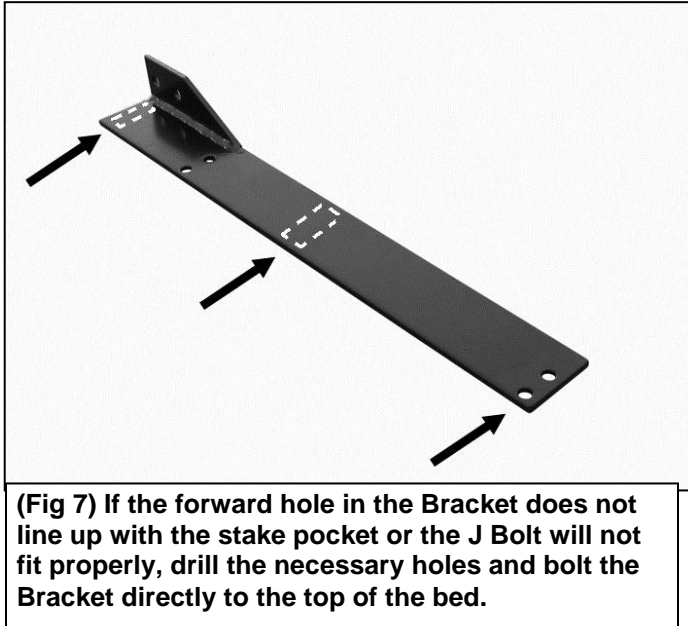
- c. Repeat to install the passenger side "J" Bolt.



- d. Skip to **Step 4** for additional drilling and bolting information. **IMPORTANT:** On some models, the forward holes will not line up with the stake pockets. If the Brackets do not line up correctly with the stake pockets or the "J" Bolt does not reach up to the Bracket, the "J" Bolts will not be used and proceed to **Step 3**. **Do not attach the Headache Rack with only the "J" Bolts! Additional hardware is required and drilling is mandatory.**

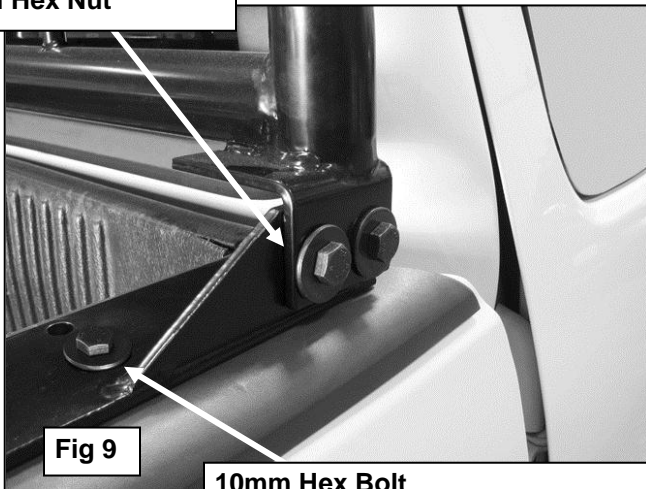
3. With the Headache Rack properly positioned on the top of the bed, locate the best location to drill. Use the provided holes in the Brackets if possible, **(Figure 5)**. Do not drill the top of the bed until you have made absolutely sure that you can gain access to the bottom of the mounting locations. **(Figure 6)**.
- a. Use the pre-punched holes in the Bracket if possible. If you are using the "J" Bolts, only mark the rear mounting location on the top of the bed, **(Figure 5)**. If "J" Bolts are not used, mark the forward and rear mounting locations, **(Figure 7)**.





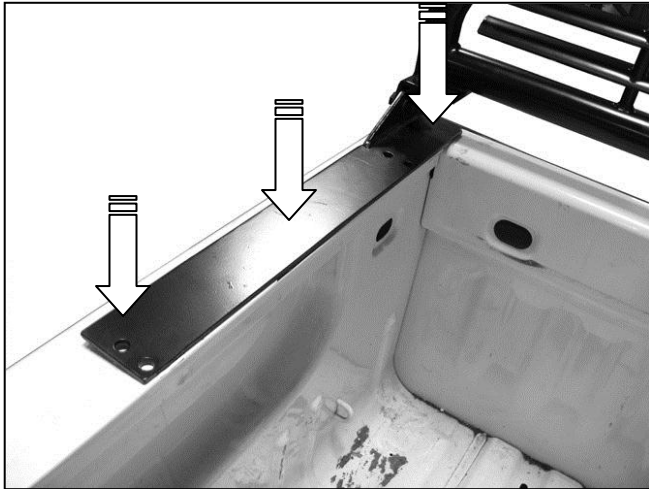
- b. Each mounting location on the Bracket has (2) holes. Use the holes in the center if possible to better support the Rack. The holes toward the inner edge are provided for models with inner panels on the bed and a narrow mounting surface along the inner edge.
4. Once all locations have been checked and the holes marked on the top of the bed, remove the Headache Rack assembly. Drill the required holes as marked with a 7/16" drill bit. Bolt the Bracket to each mounting hole with (1) 10mm Hex Bolt, (2) 10mm Flat Washers, (1) 10mm Lock Washer and (1) 10mm Hex Nut, (Figure 9). **IMPORTANT:** To help support the Headache Rack, large 10mm Flat Washers have been provided. Use the larger Washers under the top of the bed if possible. Smaller 10mm Flat Washers have also been provided if there is insufficient room.

12mm Hex Bolt
(2) 12mm Flat Washers
12mm Lock Washer
12mm Hex Nut



10mm Hex Bolt
10mm Small Flat Washer (top)
10mm Large Flat Washer (bottom)
10mm Lock Washer
10mm Hex Nut

5. The provided mounting holes in the Brackets will allow installation on most but not all vehicles. If the holes are not in the correct location for your particular model, drill new mounting holes through the Bracket and top of the bed as necessary for the best possible fit, **(Figures 7 & 8)**.
6. On some models, the location of the inner stake pocket interferes with the forward mounting holes. For additional support, drill an additional hole at the front of the Bracket, **(Figures 7 & 8)**. Additional hardware has been provided to bolt the Brackets to the front of the bed.



(Fig 8) Optional "3-Bolt" per side installation pictured.

7. Center the Headache Rack on the truck, check the alignment and tighten all hardware.

Do periodic inspections to the installation to make sure that all hardware is secure and tight.

To protect your investment, wax this product after installing. Regular waxing is recommended to add a protective layer over the finish. Do not use any type of polish or wax that may contain abrasives that could damage the finish.

For stainless steel: Aluminum polish may be used to polish small scratches and scuffs on the finish. Mild soap may be used also to clean the Sidebar.

For gloss black finishes: Mild soap may be used to clean the Sidebar.

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