



# PART # 88380, 88383 & 88386 INSTRUCTION SHEET 1979-93 FORD & MERCURY FOX-BODY VEHICLES with 302W (5.0L)

**CAUTION!** This is a custom designed exhaust header system, designed for this particular application (s). Do not bend, bang, cut, dent, drill or heat any portion of this header! Any alteration other than those suggested in this instruction sheet will void the Hedman Lifetime Guarantee!  
To prevent leaks, install your headers using Hedman Heddars exhaust gaskets ONLY and a spray copper gasket sealant.

## BEFORE STARTING INSTALLATION:

It is necessary to raise the vehicle at least 36 inches from the ground. A floor hoist is recommended, if not available, use a hydraulic floor jack with jack stands. **DO NOT USE A BUMPER JACK!**

## INSTALLATION INSTRUCTIONS:

1. Disconnect battery, remove stock exhaust manifolds, headpipes, etc. Number the wires, then remove the spark plugs to provide more clearance, and eliminate possible damage to them during installation.
2. Remove oil dipstick tube.
3. With a header gasket in position, install the passenger side header from above and insert a bolt at each end of the flange, then insert the rest of the flange bolts. Do not tighten them at this time.
4. Confirm that there is adequate clearance for all hoses, lines, and wires. If there is good clearance, tighten the passenger side header bolts, starting with the inner most bolts, and working outward.
5. With a header gasket in position, install the Driver side header from above and insert a bolt at each end of the flange, then insert the rest of the flange bolts. Do not tighten them at this time.
6. Confirm that there is adequate clearance for all engine components, including steering clearance. If there is good clearance, tighten the driver side header bolts, starting with the inner most bolts, and working outward.
7. Re-install oil dipstick tube and spark plugs. On some models, it may be necessary to use an open end wrench to tighten the spark plugs. Loosely bolt the included reducers to the header collectors, then tack weld the other end to the front of the vehicles exhaust system.
8. With the exhaust and collectors properly positioned, finish welding the header reducers to the exhaust system.
9. Tighten the collector bolts on bolt sides.
10. Re-connect battery, and check that everything that was previously removed or disconnected has been reinstalled and reconnected.
11. Start engine, then test drive the vehicle. Allow the engine to reach a normal operating temperature. Check for leaks and listen for any new or unusual noises.
12. Once the shakedown run has been completed, allow the engine to cool completely, then re-tighten all of the header bolts. Check the collector bolts for tightness as well. Do not overtighten the collector bolts.

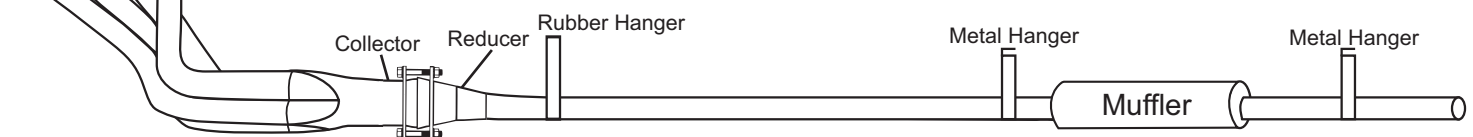
**WARNING:** Not applicable or intended for street or highway use. Legal only for racing vehicles which may never be used upon a public highway.

## DO NOT WRAP YOUR NEW HEADERS!

The use of thermal wraps will drastically shorten the life of your Headers, and will void the Hedman "Lifetime Guarantee".

## PROPER SUSPENSION OF YOUR ENTIRE EXHAUST SYSTEM IS EXTREMELY IMPORTANT!

After installing your headers, it is very important that your exhaust system be suspended properly. As indicated in the drawing below, you must place hangers as close to the header collector as possible. Rubber hangers should be used to allow the front of the system to flex with the engine torque. A hanger is needed before and after the muffler (s). When your exhaust system is unbolted from the header collector, it should remain suspended all by itself. **Your Headers Are Not** designed to support your exhaust system. Failure to follow these instructions will most likely result in cracks around the area where your primary tubes and collector are welded together, and will nullify your "Lifetime Guarantee".



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