

2010 F-150

OWNER'S GUIDE



Table of Contents

Introduction 4

Instrument Cluster 12

Warning lights and chimes	12
Gauges	18
Message center	22

Entertainment Systems 40

AM/FM stereo	40
AM/FM stereo with CD/MP3	42
Auxiliary input jack (Line in)	50
USB port	52
Satellite radio information	55
Navigation system	58
SYNC®	58

Climate Controls 59

Manual heating and air conditioning	59
Dual electronic automatic temperature control	62
Navigation system based climate control	67
Rear window defroster	71

Lights 72

Headlamps	72
Turn signal control	75
Bulb replacement	77

Driver Controls 83

Windshield wiper/washer control	83
Steering wheel adjustment	84
Power windows	90
Mirrors	92
Speed control	97
Tailgate	112

Table of Contents

Locks and Security

125

- Keys
- Locks
- Anti-theft system

125
130
141

Seating and Safety Restraints

145

- Seating
- Safety restraints
- Airbags
- Child restraints

145
164
183
198

Tires, Wheels and Loading

221

- Tire information
- Tire inflation
- Tire Pressure Monitoring System (TPMS)
- Vehicle loading
- Trailer towing
- Trailer brake controller-integrated
- Recreational towing

223
225
238
245
252
259
264

Driving

266

- Starting
- Brakes
- AdvanceTrac®
- Transmission operation
- Reverse sensing system
- Rear-view camera system
- Snowplowing

266
272
274
286
292
294
310

Roadside Emergencies

314

- Getting roadside assistance
- Hazard flasher control
- Fuel pump shut-off
- Fuses and relays
- Changing tires
- Wheel lug nut torque
- Jump starting
- Wrecker towing

314
315
316
316
324
332
333
339

Table of Contents

Customer Assistance

341

- Reporting safety defects (U.S. only)
- Reporting safety defects (Canada only)

347
347

Cleaning

348

Maintenance and Specifications

358

- Engine compartment
- Engine oil
- Battery
- Engine coolant
- Fuel information
- Air filter(s)
- Part numbers
- Maintenance product specifications and capacities
- Engine data

360
363
365
367
373
390
393
394
398

Accessories

402

Ford Extended Service Plan

405

Index

408

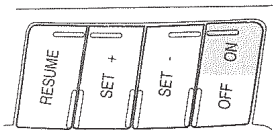
All rights reserved. Reproduction by any means, electronic or mechanical including photocopying, recording or by any information storage and retrieval system or translation in whole or part is not permitted without written authorization from Ford Motor Company. Ford may change the contents without notice and without incurring obligation.

Copyright © 2009 Ford Motor Company

Setting speed control

The controls for using your speed control are located on the steering wheel for your convenience.

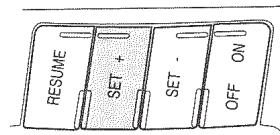
1. Press the ON control and release it.
2. Accelerate to the desired speed.



3. Press the SET + or SET - control and release it.

4. Take your foot off the accelerator pedal.

5. The indicator (6) light on the instrument cluster will turn on.

**Note:**

- Vehicle speed may vary momentarily when driving up and down a steep hill.
- If the vehicle speed increases above the set speed on a downhill, you may want to apply the brakes to reduce the speed.
- If the vehicle speed decreases more than 10 mph (16 km/h) below your set speed on an uphill, your speed control will disengage.

Disengaging speed control

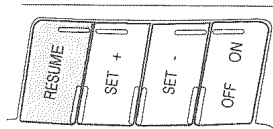
To disengage the speed control:

- Depress the brake pedal.

Disengaging the speed control will not erase previous set speed.

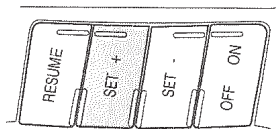
Resuming a set speed

Press the RESUME control and release it. This will automatically return the vehicle to the previously set speed.

**Increasing speed while using speed control**

There are two ways to set a higher speed:

- Press and hold the SET + control until you get to the desired speed, then release the control. You can also use the SET + control to operate the Tap-Up function. Press and release this control to increase the vehicle set speed in small amounts by 1 mph (1.6 km/h).

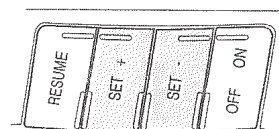


- Use the accelerator pedal to get to the desired speed. When the vehicle reaches that speed press and release the SET + control.

Reducing speed while using speed control

There are two ways to reduce a set speed:

- Press and hold the SET - control until you get to the desired speed, then release the control. You can also use the SET - control to operate the Tap-Down function. Press and release this control to decrease the vehicle set speed in small amounts by 1 mph (1.6 km/h).

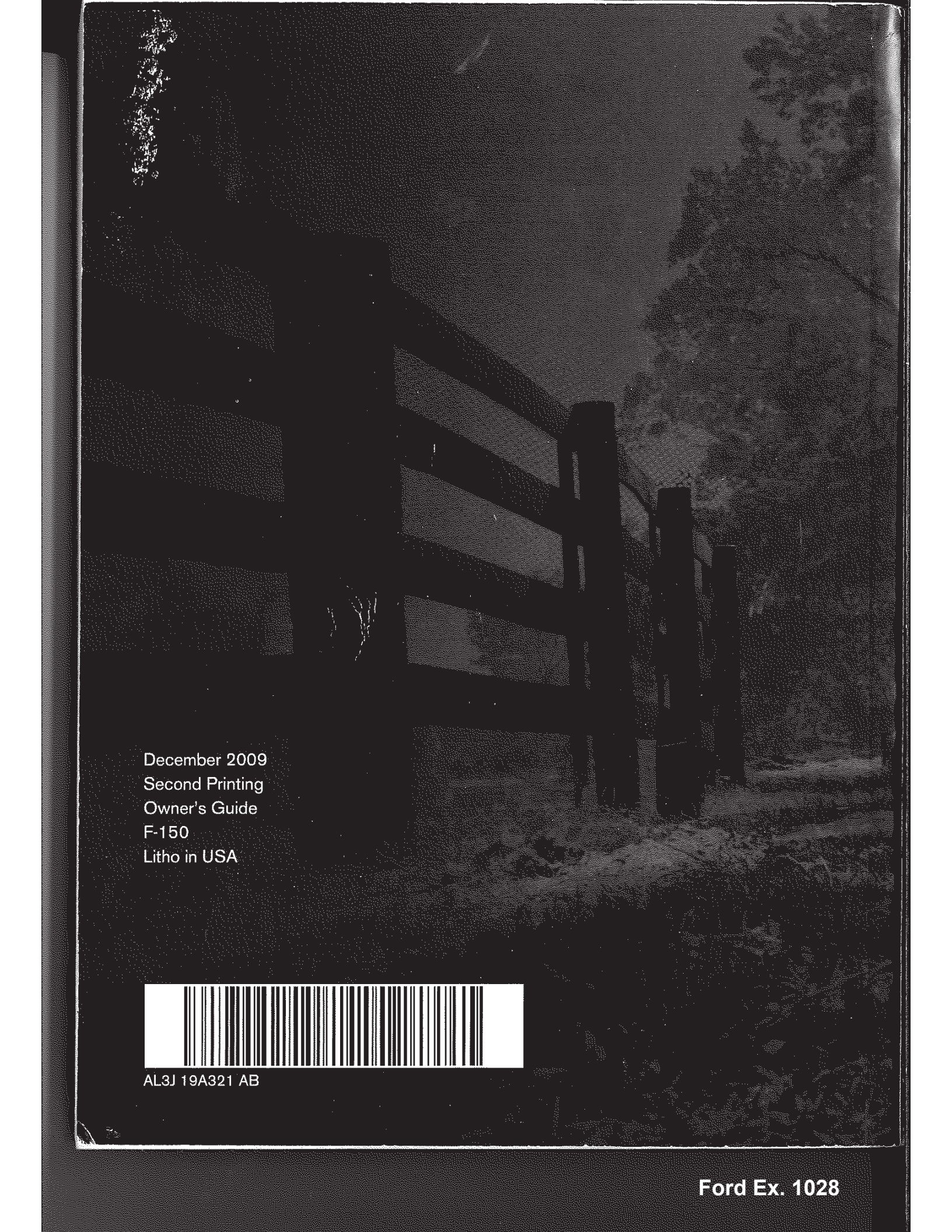


- Depress the brake pedal until the desired vehicle speed is reached and press the SET + control.

- automatic dimming rearview mirror 92
 fold away 94
 heated 62, 64, 67, 94
 programmable memory 136
 side view mirrors (power) 93
 signal 95
- Moon roof 102
- Motorcraft® parts 357, 393
- MyKey 125
- N**
- Navigation system 58
- O**
- Octane rating 378
- Oil (see Engine oil) 363
- P**
- Parental MyKey programming 125
- Parking brake 273
- Parts (see Motorcraft® parts) 393
- Passenger Occupant Classification Sensor 165
- Power deployable running boards 96
- Power distribution box (see Fuses) 317, 320
- Power door locks 130
- Power mirrors 93
- Power point 89
- Power steering 280
- fluid, checking and adding 386
- fluid, refill capacity 394
- fluid, specifications 394
- Power Windows 90
- Preparing to drive your vehicle 281
- R**
- Radio 40, 42
 6-CD in dash 42
- Rear heated seats 163
- Rear-view camera system 294
- Recommendations for attaching safety restraints for children 200
- Relays 316
- Remote entry system 134
 illuminated entry 139
 locking/unlocking doors 135-136
 panic alarm 136
 replacement/additional transmitters 138
 replacing the batteries 137
- Reverse sensing system 292
- Roadside assistance 314
- S**
- Safety belts (see Safety restraints) 164, 167, 169-170, 173-175, 177
- Safety Canopy 191-192, 194
- Safety defects, reporting 347
- Safety restraints 164, 167, 169-170, 173-177
- Belt-Minder® 178
- Belt-Minder®, deactivating/activating 181
 extension assembly 182
 for adults 169-170, 173-175
 for children 198
 lap belt 172
- Occupant Classification Sensor 165
- warning light and chime 177-178
- Safety restraints - LATCH anchors 210
- Safety seats for children 202
- Safety Compliance Certification Label 399
- Satellite Radio (if equipped) 42
- Satellite Radio Information 55
- Seats 145
 child safety seats 202
 cleaning 355
 climate control 64, 67, 156
 easy access/easyout feature 153
 heated 62, 155, 163
 memory seat 136, 153
- SecuriCode keyless entry system 140
- SecuriLock passive anti-theft system 141, 143
- Servicing your vehicle 358
- Setting the clock 43
- AM/FM stereo 42
- Snowplowing 6, 310-311
- SOS Post Crash Alert 197
- Spark plugs, specifications 393, 398-399
- Special notice
 ambulance conversions 6
 four-wheel drive vehicles 312-313
 utility-type vehicles 6
- Specification chart, lubricants 394
- Speed control 97
- Starting a flex fuel vehicle 269
- Starting your vehicle 266-267, 269
 jump starting 333
- Steering wheel controls 100
 tilting 84-85
- Stereo
 6-CD in dash 42
 CD-MP3 42
 SYNC® 58
- T**
- Tailgate 112-113
- Tilt steering wheel 84
- Tire Pressure Monitoring System (TPMS)
 Tires, Wheels and Loading 238
- Tires 223-224, 324
 alignment 231
 care 227
 changing 324, 328
 checking the pressure 227
 inflating 225
 label 237
 replacing 229
 rotating 231
 safety practices 230
 sidewall information 233
 snow tires and chains 244

Index

- spare tire325
- terminology224
- tire grades224
- treadwear223, 228
- Towing252
 - recreational towing264
- Trailer Brake
 - Controller-Integrated259
 - trailer towing252
- Trailer Brake
 - Controller-Integrated259
- Transfer case
 - fluid checking390
- Transmission286
 - brake-shift interlock282, 284 (BSI)
 - fluid, checking and adding (automatic)387, 390
 - fluid, refill capacities394
 - lubricant specifications394
- Turn signal75
- U**
- Universal garage
 - door opener103
- USB port52
- V**
- Vehicle Identification Number (VIN)400
- Vehicle loading245
- Ventilating your vehicle270
- W**
- Warning lights (see Lights)12
- Washer fluid362
- Water, Driving through309
- Windows
 - power90
- Windshield washer fluid and wipers83
 - checking and adding fluid362
 - replacing wiper blades362



December 2009
Second Printing
Owner's Guide
F-150
Litho in USA



AL3J 19A321 AB

Ford Ex. 1028