CLAIMS

1. A lubrication method of lubricating a pair of sliding members by using a lubricating oil composition,

wherein one of the pair of sliding members is a member containing an engineering plastic, and the other is a member containing an iron-based material,

the lubricating oil composition comprises a lubricating base oil, and at least one type of wear inhibitor selected from the group consisting of a wear inhibitor containing phosphorus but not sulfur as a constituent element, a wear inhibitor containing sulfur but not phosphorus as a constituent element, and a wear inhibitor containing phosphorus and sulfur as a constituent element,

the lubricating base oil comprises a hydrocarbon oil or an oxygen-containing oil,

the oxygen-containing oil is at least one selected from the group consisting of an ester excluding an aromatic ester, an ether, a carbonate, and a ketone, and

a content of the lubricating base oil is greater than or equal to 70 mass% on the basis of the total amount of the lubricating oil composition.