

Abstract:

In a method of establishing a rail fastening, in which a track body element, such as a rail foot (16) of a rail (8), is resiliently held down by at least one hold-down section (6), such as a holding arm, of a tension spring (1) in its final assembly position, wherein the tension spring (1) consists of a tempered spring steel, comprising mounting the tension spring (1) on a base, wherein the tension spring (1) is brought into a tensioned state by means of a hold-down device (12, 25), in which the tension spring (1) is tensioned starting from a relaxed state by deflecting the hold-down section (6) along a spring deflection path (z), the hold-down section (6) is deflected during mounting in the direction of the spring deflection path (z) to such an extent that the tension spring (1) is subjected to cold working, after which the tension spring (1) is at least partially relaxed.

Fig. 1