

ABSTRACT

Disclosed is a lubrication method of lubricating a pair of sliding members by using a lubricating oil composition. In the lubrication method, at least one of the pair of sliding members is a member
5 containing an engineering plastic, and the lubricating oil composition contains 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
10 inhibitor containing phosphorus and sulfur as a constituent element.