

Hook Safety & Removal. Don't Get the Point

Fishing is a fun activity that allows people of all ages to enjoy the outdoors. Keep in mind, however, that safety should always come first.

- * Carry your rod in an upright position.
- * Always secure your hook when not fishing.
- * When casting, stay clear of other people and objects, like trees.
- * Handle hooks and fish carefully. Keep hooks pointed away from you and others.

WARNING: Only an adult should attempt this procedure. Do not try this procedure if you are uncomfortable with this technique. Do not attempt this procedure if the hook is embedded anywhere in the face or neck. Tape the hook in place so that it cannot be snagged and take the victim immediately to see a doctor.

Hook Removal

If you've had the misfortune to become hooked either by yourself or by a nearby angler, here is a method of hook removal considered by medical experts to be the most painless one available.

Step 1. Clean the area where the hook has penetrated.

Step 2. Create a loop in a 2-foot length of fishing line, and anchor the loop around your wrist.

Step 3. Place the loop around the bend of the hook close to the barb, and hold down the shank with your free thumb. This disengages the barb from the tissue.

Step 4. Give the looped line a short, sharp pull (at a 30-degree angle) and the hook will come out quickly and with as little damage as possible. Take care that the flying hook released from the skin does not impale anyone nearby.

Step 5. Vigorously wash the wound and leave it open with a simple dry dressing. Once the hook has been removed, consult a doctor as soon as possible to counter any potential infection. Most often there is no pain involved whatsoever, with the exception of a little residual pain because of the initial "hook set."

