

How to remove a fishing hook from a human, painlessly and safely:

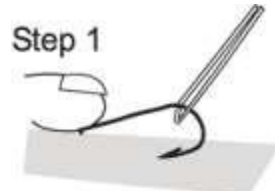
Using this hook removal method, there is one common factor - the almost complete, and surprising, lack of any pain.


One day it happens to all anglers. A hook does its job and hooks up, but not into a fish. It hooks up in you or one of your fishing partners.

Removing a hook embedded over the barb, but not back out through the skin, is relatively easy:

First Make a loop about 10cm (6") long, in strong line, 5kg (10lb) plus, and pass it over the eye of the hook, and then up to the *top of the bend* of the hook.

It is very important to follow this step to the letter if pain and discomfort is to be avoided. Most importantly the loop of line must be at the top of the hook bend, and the pull must be up and away. Way too many articles and videos on this method advise having the line at the back of the bend, and pulling straight back - this will only result in the barb catching and causing pain. Then Push

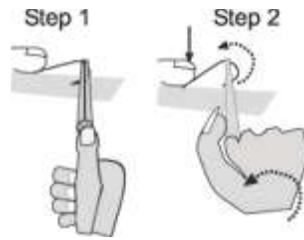
Step 1  firmly down on the eye of the hook so the eye of the hook touches the skin. Hold the eye down while completing step 2. Finally With a sudden, strong yank on the line loop, pull up and away from the hook-eye. The hook should come out the way it went in, and because it will curve out the same way it went in the barb should not catch.

Step 2  In general it is a pretty painless business; the thought is more painful than the extraction itself. In fact of the many hooks I have removed from myself, others and dogs, in around 60 years fishing, there is one common factor - the almost complete, and surprising, lack of any pain.

Remove a hook from yourself using this method:

You can make this hook removal a one-person operation where the hook is in your arm or hand, or anywhere you cannot use your two hands. Make the loop larger and hook the loop around something immovable, like a tree branch, then press down on the eye of the hook as above, and jerk your hand away in the direction shown above.

I used this method once when I stuck a hook in the back of my hand, and I hooked the loop around the tow bar ball of my car - worked a treat - felt nothing!



Pliers or Forceps Removal:

If you are using small hooks, smaller than 4/0, (hook sizes) you can use a pair of long-nose pliers, or forceps.

Push down on the eye of the hook, as above. Grab the hook at the top of the bend, with the forceps at right-angles to the hook shaft, and then quickly and firmly rotate your wrist, and the forceps, to-wards the eye of the hook. This method can be used if you are alone, by using the thumb of your forceps hand to push down on the eye of the hook.

If the hook has gone in and then out through skin, and you have the necessary tools, you can cut off, or crush down the barb, and pull the hook back out the way it went in. Any delay will only make the operation more painful than it needs to be. But this is somewhat painful, and really only an option for small hooks. Using this hook removal method, there is one common factor - the almost complete, and surprising, lack of any pain.