



Fish Hook Removal

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
					✓	✓

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Explain the procedure to the patient.
2. Remove the fish hook using the most appropriate method below.
3. Clean the affected area.
4. Apply a sterile dressing.

METHOD ONE

1. With one hand, press down on the back of the hook shank (by the eye of the hook) to push the barb away from any tissue.
2. With the other hand, quickly jerk out the hook.

METHOD TWO

1. Advance the hook, following its natural curve, so that the barbed tip exits through the skin.
2. Clip the hook, just below the barbed tip.
3. Remove the remainder of the hook by pulling it back through the skin the way it entered.

Organizational/local protocol for _____ :

Skill Notes

- Clean the wound, preferably under running water with gentle pressure (as from a tap). Flush/rinse the affected area for five minutes.
- Avoid the use of soap or alcohol as they can cause damage to sensitive tissues under the skin.