

WORST-CASE SCENARIO®

HOW TO FREE YOUR LEG FROM A BEAR TRAP

1 Move your foot and wiggle your toes.

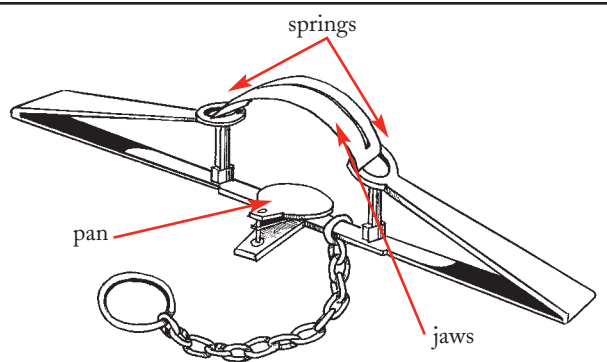
Bear traps are designed to catch and hold the leg of a bear, not cut it off. Your leg may be badly bruised, but it should not be severely injured or amputated. Attempt to move your foot and toes to determine if you still have circulation and to check for tendon and muscle damage. In general, the steel “jaws” of the trap are not sharp. Each side of the jaw should have “teeth” that are designed to allow circulation. If you cannot feel your foot or do not have range of movement, you will have to work quickly.

2 Sit with the trap in front of you.

Sit on the ground and move the trapped leg so it is in front of you, bent slightly. The trap may be anchored to the ground with a short chain, or the chain may be attached to a loose hook. (When the caught animal runs away, the hook leaves a trail that is easy to track.)

3 Familiarize yourself with the trap.

The trap will have one piece of bent steel (a “spring”) to the left and another piece to the right of the jaws. The center of the trap will have a flat steel plate called a “pan.” Your leg will be between the jaws, your foot on the pan.



Familiarize yourself with the trap.



Press to compress the springs and relieve pressure on the jaws.

4 Place one hand on the top of each spring.

5 Close the springs.

With as much force as possible, press down hard on the springs to compress them. As the springs compress, they will lower and relieve pressure on the jaws.

6 Once the jaws are loose, slip your foot out of the trap.

7 Release the springs.

Take pressure off the springs slowly to avoid snapping the jaws closed suddenly.

8 Check your leg for damage.

Look for broken skin and tissue damage. Seek medical attention if you are injured. Be sure to request a tetanus booster if metal has pierced the skin.