



**Safeguarding
is everybody's
business**



Physical Abuse Factsheet

The Basics

- Physical Abuse includes hitting, slapping, pushing, kicking, restraint and misuse of medication.
- It may also involve improper use of sanctions, particularly those that involve physical restraint.

Signs and Symptoms

There are a number of physical and behavioural signs to look out for

- Cuts; Bruises; Burns; Black eyes
- Restraint or grip markings
- Weight-loss, malnutrition and dehydration, pressure ulcers
- Unusual behaviour, such as repeated trips to the hospital

Many victims of physical abuse may feel responsible for their abuse. Or they may fear the shame of discovery, or further attacks from their abuser. As such, they may do the following:

- Attempt to cover up the marks left by the abuse. So you should also be on the lookout for signs that the person has something they're trying to hide. For example, they may wear more makeup than usual to cover a bruise. Or they may take to wearing long-sleeved tops, even in warm weather.
- Not engage with people, display passive or aggressive behaviour, mood changes, body language i.e. eye contact and body behaviour may change

Reporting Concerns

- If you think someone is in immediate danger from Physical Abuse please call the Police on **999** or for non-emergency **101**.
- If you think someone is at risk, or if you're worried about a situation or someone you know who might be a victim of physical abuse in the East Riding of Yorkshire please call: East Riding of Yorkshire Safeguarding Adults Team on **01482 396940** (Mon-Thurs 9am – 5pm, Fri 9 am-4.30pm) or **(01377) 241273** (out of hours) or email safeguardingadultsteam@eastriding.gov.uk

Legislation

- The Care Act 2014 places a general duty on Local Authorities to promote the wellbeing of individuals when carrying out care and support functions.

For further details about the work of the East Riding Safeguarding Adults Board visit www.ersab.org.