



Physical

Indicators of abuse / harm / neglect

Category of Abuse: Physical Abuse

Hitting, slapping, over or misuse of medication, acts of undue restraint, or inappropriate sanctions.

INDICATORS

Physical

- injury incompatible with its explanation
- injury which has not been properly cared for
- cuts, scratches, lacerations, weal marks
- puncture wounds
- bruises or skin discoloration
- sprains
- bite marks
- fingertip and pinching marks
- burns and scalds, including friction burns
- any fracture without a satisfactory explanation of accident
- carpet burns
- restraint injuries
- excessive repeat prescriptions; under / overuse of medication

Emotional

- confusion
- fearfulness
- low self esteem
- unexplained paranoia or terror

Behavioural

- signs of hair pulling
- significant loss of weight or appetite
- insomnia
- flinches at physical contact
- excessive drowsiness
- varying or inconsistent accounts of injury by carer
- management by restraints, physical restrictions, or force
- bedwetting
- disturbed sleep pattern
- asks not to be hurt

Social

- unacknowledged or hidden injuries (e.g. covered by clothes)
- unlikely or varying explanations of an injury by the person
- uncharacteristic behaviour or withdrawal
- cruelty by a child towards more vulnerable children, animals or in play
- fearfulness around a particular person or place
- running away or not wanting to go home

WHERE MIGHT THIS HAPPEN?

- person's own home
- residential care home
- nursing home
- hospital
- school /college
- daycare
- nursery
- childminders
- sheltered accommodation
- relative's home
- public place

WHO MIGHT BE INVOLVED OR CAUSING THIS?

- domiciliary carer
- residential carer
- relative / parent / child / spouse / other carer
- support worker
- professional
- family friend / neighbour
- stranger

For more info on safeguarding you can visit [Here](#)