

## Physical Violence

**Physical violence occurs when someone uses a part of their body or an object to control a person's actions.**

Physical violence includes, but is not limited to:

- Using physical force which results in pain, discomfort or injury
- Hitting, pinching, hair-pulling, arm-twisting, strangling, burning, stabbing, punching, pushing, slapping, beating, shoving, kicking, choking, biting, force-feeding, or any other rough treatment
- Assault with a weapon or other object
- Threats with a weapon or object
- Deliberate exposure to severe weather or inappropriate room temperatures
- Murder
  
- Medication abuse:
  - Inappropriate use of medication, including:
    - Withholding medication
    - Not complying with prescription instructions
    - Over- or under-medication
  
- Restraints abuse:
  - Forcible confinement
  - Excessive, unwarranted or unnecessary use of physical restraints
  - Forcing a person to remain in bed
  - Unwarranted use of medication to control a person (also called “chemical restraint”)
  - Tying the person to a bed or chair