

FACTS ON PHYSICAL TORTURE

What is Physical Torture?

Physical Torture is an act of deliberately inflicting severe physical pain and injury to a person who is physically restrained or under the torturers' control or custody unable to defend against what is being done to them.

Common methods include:

- ❖ **Beating:** This can be systematic or non-systematic using objects such as batons, sticks, metals etc.
- ❖ **Suspension** from either the roof or a raised platform head-up or down.
- ❖ **Cold torture:** Putting the Victim in extremely cold or hot environments to create physical discomfort.
- ❖ **Made to walk or sit on sharp or hot objects** knives, hot stoves and plates.
- ❖ **Tying in unnatural postures** (with arms backwards) or tying the head with the legs.
- ❖ **Forced positions:** Holding a victim in an uncomfortable posture for long periods of time to cause pain.



- ❖ **Electrical torture:** administering controlled painful electric shocks to parts of the body.
- ❖ **Suffocation:** Deprivation of air to the victim.
- ❖ **Sexual torture:** This is used mainly by armed groups and rebels.
- ❖ **Mutilation of the genital organs, breasts etc.**
- ❖ **Gang Rape and Sodomy.**
- ❖ **Forcing relatives to have sex with one another.**
- ❖ **Penetration of sexual organs by batons, rods, bottles or similar objects.**
- ❖ **Suspension of weights on sexual organs.**
- ❖ **Electrical torture of the sexual organs.**



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