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.