

## Physical Torture Techniques

### 1. Conditions of Detention

- Isolation
- Contained in cage
- Deprivation of food and water
- Deprivation of sanitary conditions (no toilets)
- Crowded cells with extreme temperatures and no ventilation

Consideration of diseases related to conditions of detention

- infectious diseases (tuberculosis, parasitosis, scabies)
- dermatitis
- malnutrition

### 2. Methods of Physical Torture

#### A. Beatings

- Fists, kicks, canes, sticks, rifle butts
- Head Trauma
- Falanga (beating to soles of feet)
  - Blunt trauma to soles of feet with batons, canes

#### B. Burns

- “necklacing” –placement of a gasoline filled tire around the neck and lighting it on fire
- cigarette
- hot liquids
- acid
- heated plastic
- lighters
- heated metal

#### C. Shaking

#### D. Dental trauma

#### E. Suspension (suspended from arms or legs)

#### F. Administration of electric shocks

#### G. Cutting wounds with knife, bayonet, or other sharp instrument

#### H. Insertion of pins under nails

#### I. Simulated Drowning, ie “waterboarding, “submarino” (head placed in water which may be contaminated with substances such as feces)

#### J. Stress Positions- forced unnatural positions for prolonged periods of time

#### K. Sensory Deprivation

- Prolonged isolation
- Blindfolded
- Earmuffs

#### L. Sensory Stimulation

- Temperature extremes (cold or hot)
- Continuous loud noises
- Continuous lights
- Sleep deprivation

M. Sexual Trauma

- Female
  - Rape
  - Rape with instruments
  - Female genital cutting (FGC)
  - Mental assaults (forced nakedness, threats, humiliation)
- Male
  - Rape
  - Sodomy with instruments
  - Direct genital trauma (blunt trauma, use of instruments such as pliers, weights applied to scrotum)
  - Mental assaults (forced nakedness, threats humiliation)

N. Forced to drink urine, human blood, or eat human flesh