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MANUAL

for Prison Officials

*on the Prohibition and
Prevention of Torture*



Introduction

Torture is a grave violation of human rights and dignity. It is prohibited by both Pakistani law and international human rights treaties to which Pakistan is a party. Torture inflicts lasting physical and psychological harm, erodes public trust, and undermines the legitimacy of state institutions—including prisons.

As a prison guard, your duty is not only to maintain order but also to protect the rights of those in custody. This manual is designed to help you understand what the law prohibits and what your responsibilities are if torture is suspected or witnessed in custody.

Objectives of This Training

This training aims to strengthen the capacity of prison guards to lawfully and professionally carry out their custodial responsibilities while upholding the dignity and human rights of all detainees.

The training is structured around two central goals:

1. Understanding What You Cannot Do

Educate prison staff about the absolute prohibition of torture under Pakistani and international law. This includes explaining the legal definition of torture, its various forms, and the criminal consequences of participating in or abetting acts of torture.

2. Understanding What You Must Do

Equip prison guards with the knowledge and skills to recognize signs of torture, respond appropriately, and actively prevent abuse within custodial settings. This includes guidance on observing detainees, medical referral and documenting medical histories, reporting mechanisms, and cooperation with oversight authorities.

By the End of This Training, You Will Know:

- ✓ The definition of torture and ill-treatment under both Pakistani law and international standards (e.g. UNCAT).
- ✓ What actions are considered torture or degrading treatment, and why they are strictly prohibited—regardless of circumstances or orders.
- ✓ The legal penalties under the Torture and Custodial Death (Prevention and Punishment) Act, 2022 for perpetrators and accomplices.
- ✓ How to identify physical and psychological signs of torture in prisoners under your care.
- ✓ What to do if you witness or suspect torture, including how and to whom to report (e.g. NCHR, FIA, jail superintendent).
- ✓ Your role in preventing torture, through maintaining humane conditions, treating detainees with dignity, and supporting oversight mechanisms.

Pakistan Prison Rules

Prisoners to be treated with tact, humanity and strict impartiality:

Rule 1065. (i) Every officer of a prison shall at all times avoid all conduct likely to unduly irritate or annoy any prisoner, and shall treat every prisoner humanly and with tact, good temper, and strict impartiality. He shall listen, without displaying impatience or irritation, to every complaint or report which any prisoner may at any time make to him, and shall show all such kindness and consideration to every prisoner as is compatible with the firm and effective discharge of his duties. Subject to the foregoing provisions every officer shall firmly maintain strict discipline and enforce all Rules, regulations and orders applicable to the discharge of his duties.

(ii) It is important that every complaint made by a prisoner should be listened with attention, so that, if genuine, the grievance may be redressed or remedied, and there should not be any just cause for discontentment.

SECTION 1: WHAT YOU CANNOT DO—THE PROHIBITION ON TORTURE & CIDT

Because prisoners are deprived of their liberty, they are entirely under the care of state authorities. This loss of freedom increases the state's responsibility to protect them—especially from any form of ill-treatment.

This section explains what constitutes torture under domestic and international law. It describes the various forms torture can take and outlines specific actions prison guards must avoid to ensure they are not abetting torture or held legally responsible for it.

1.1 What is Torture and CIDT

Torture and Custodial Death (Prevention and Punishment) Act, 2022

Section 2(n) defines torture as:

“an act committed by which **severe physical pain or physical suffering, is intentionally inflicted** on a person **for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind**, when such pain or suffering is **inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity**. It does not include pain or suffering arising only from, inherent in or incidental to lawful sanctions.”

United Nations Convention Against Torture

Article 1, UNCAT

For the purposes of this Convention, the term "torture" means any act by which severe pain or suffering, whether physical or **mental**, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity. It does not include pain or suffering arising only from, inherent in or incidental to lawful sanctions.

The main difference between the two legal definitions of torture is that Pakistan's domestic law does not explicitly include mental torture. However, because Pakistan has ratified the UN Convention Against Torture (UNCAT), it is legally bound to follow the broader international definition, which includes both physical and mental torture.

There are four distinct elements that define torture.

1. Severe Physical or Mental Pain or Suffering:

Torture involves inflicting **severe physical or mental pain or suffering** on an individual. This pain or suffering must be of a serious nature, which distinguishes it from lesser forms of ill-treatment or punishment.

2. Intentional Act:

The act causing pain or suffering must be **intentional**. Torture is not considered accidental or the result of negligence; it is carried out with a deliberate intention to inflict harm.

3. Purpose:

The act of torture must be carried out for a specific purpose, which may include:

- Obtaining information or a confession.
- Punishing a person for an act they or someone else has committed or is suspected of committing.
- Intimidating or coercing the individual or others.
- For reasons of discrimination of any kind.

4. Involvement of a Public Official or Person Acting in an Official Capacity:

Torture must involve the **instigation, consent, or acquiescence of a public official or someone acting in an official capacity**. This includes law enforcement, prison guards, military personnel, etc. Acts of violence by private individuals are not considered torture under the UNCAT unless a public official is involved.

1.2 TYPES OF TORTURE

Physical Torture

- **Beatings**: Using fists, rods, whips, or other objects to inflict pain.
- **Electric Shocks**: Applying electrical current to parts of the body to cause pain.
- **Suspension**: Hanging a person by their arms, legs, or other body parts, often for long periods.
- **Waterboarding**: Simulating the sensation of drowning.
- **Burning**: Using fire, chemicals, or heated objects to burn the skin.
- **Mutilation**: Deliberate infliction of injury that results in permanent disfigurement or loss of limbs.
- **Forced Physical Exertion**: Forcing a person to carry out exhausting physical activities as a form of punishment or coercion.

Psychological Torture

- **Solitary Confinement:** Isolating a person for long periods, often causing severe mental suffering.
- **Sleep Deprivation:** Preventing a person from sleeping for long periods.
- **Threats:** Threatening to kill, harm, or torture the victim or their loved ones.
- **Humiliation:** Forcing the victim to engage in dehumanizing or degrading acts.
- **Mock Executions:** Leading a person to believe they are about to be killed, but stopping short of actual execution.
- **Sensory Deprivation:** Blocking a person's access to sensory stimuli, such as sound, light, or touch, for extended periods.
- **Threat of Rape or Sexual Assault:** Using threats of sexual violence as a form of coercion or intimidation.

Sexual Torture

- **Rape:** Sexual assault as a form of punishment, coercion, or intimidation.
- **Forced Nudity:** Forcing individuals to strip in degrading circumstances.
- **Sexual Humiliation:** Subjecting a person to degrading sexual acts or comments.
- **Invasive Body Searches:** Subjecting individuals to invasive body searches without consent as a form of punishment or degradation.

Torture Involving Medical Procedures

- **Involuntary Medical or Scientific Experiments:** Performing medical experiments without consent.
- **Forced Drugging:** Administering drugs or chemicals to cause pain, disorientation, or compliance.
- **Mutilation or Forced Surgery:** Performing surgical procedures without consent as a form of punishment or control.

Torture by Deprivation

- **Food and Water Deprivation:** Withholding food and water to cause suffering or force compliance.

- **Denial of Medical Care:** Refusing to provide necessary medical treatment for injuries or illnesses.
- **Denial of Basic Sanitation:** Forcing individuals to live in unsanitary conditions that cause physical or psychological harm.

Torture for Discrimination

- **Discriminatory Acts of Torture:** Inflicting pain or suffering due to a person's race, religion, ethnicity, political beliefs, or other characteristics.

Collective or Group Punishment

- **Punishing Family Members:** Inflicting harm on a person's family members to coerce or intimidate them.
- **Group Torture:** Subjecting entire groups to torture for actions or beliefs associated with their community or identity.

Forced Confessions

- Inflicting severe pain or suffering to extract a confession, even if the person is innocent or has no relevant information.

Torture in Custody

- **Torture in Detention:** Acts committed by law enforcement officials, prison officials, or military personnel, such as beatings or psychological torment, during detention or interrogation.

Other Forms of Coercion

- **Forcing Victims to Witness Torture:** Forcing individuals to watch the torture of others, such as family members, to cause psychological trauma.

1.3 What Constitutes Cruel, Inhuman Or Degrading Treatment Or Punishment

Cruel, Inhuman, or Degrading Treatment (CIDT) means any kind of mistreatment or punishment that isn't as severe as torture but is still wrong and against the law. These terms are often used together to show that mistreatment can happen in many forms, not just torture.

I. Cruel Treatment

Cruel treatment refers to actions or treatment that cause physical or mental suffering. While the term "cruel" is not always precisely defined, it generally implies a level of severity beyond mere discomfort or inconvenience. It is a broad concept that involves intentional acts that go beyond what is considered acceptable or humane but may not have the extreme level of severity that defines torture.

Key Characteristics:

- Causes severe physical or psychological pain.
- Often involves unnecessary infliction of pain without legal or justifiable grounds.

Examples:

- A prolonged denial of medical treatment for a detainee's serious illness.
- Forced exposure to extreme temperatures for extended periods without causing permanent injury.

What is the difference between torture and CIDT?

There are 2 main elements that distinguish torture from CIDT.

1. the severity of the suffering inflicted
2. intent behind the actions.

Torture is marked by severe cruelty and is specifically carried out to cause extreme suffering. While CIDT causes pain or discomfort, it lacks the clear purpose or intense suffering that is associated with torture.

II. Inhuman Treatment

Inhumantreatment involves acts or conditions that cause extreme physical or mentalsuffering, surpassing what is generally accepted as part of the normal humanexperience. It signifies a higher degree of severity compared to cruel treatment.

Key Characteristics:

- Results in severe pain or suffering, but may not have the specific purpose (such as extracting a confession) that defines torture.
- Typically involves grossly degrading living conditions or prolonged deprivation.

Examples:

- Detaining a person in overcrowded and unsanitary conditions for an extended period.
- Forcibly restraining someone in painful positions for long periods of time without purpose.
- Prisoners being subjected to food deprivation that causes malnutrition but not death.

III. Degrading Treatment

Degrading treatment refers totreatment that humiliates or debases an individual's dignity. It encompasses actions that, while not causing severe physical or mental suffering, still subject individuals to treatment that is humiliating or degrading in nature.

Key Characteristics:

- Aimed at humiliating or demeaning the victim.
- Causes a person tofeel worthless or disrespected in a way that violates their dignity, evenifthere is no severe physical harm.

Examples:

- Forcing prisoners to strip naked in front of others as a form of punishment or control.
- Subjecting individuals to racially discriminatory treatment or insults.
- Publicly parading detainees in demeaning postures to break their spirit.

1.4. Absolute Prohibition on Torture and CIDT

There are a number of legal provisions in the Constitution, Code of Criminal Procedure (1989), Pakistan Penal Code (1860) and the Police Order 2002, that prohibit and penalize torture and ill treatment. Moreover, the Torture and Custodial Death (Prevention and Punishment) Act, 2022 criminalizes torture and imposes stringent penalties aimed at curbing torture and ill treatment by public officials, including prison guards.

It is important to note that torture and CIDT are not allowed under any circumstances and under domestic and international law there is an absolute prohibition on torture and CIDT. Torture is not justified under any circumstances—not during times of war, political instability or under orders of superior officers. There are no exceptions.

Constitution of Pakistan 1973

Article 14 expressly states “No person shall be subjected to torture for the purpose of extracting evidence.”

Article 10 provides safeguards as to arrest and detention, ensuring that persons have access to fundamental rights even when deprived of liberty.

Article 9 protects the right to life and liberty, stating these cannot be taken away “unless in accordance with the law.”

“I was just following orders” is not a valid defense

The **Torture and Custodial Death (Prevention and Punishment) Act, 2022** clearly states that Obeying an illegal order does not protect you from prosecution.

If a senior tells you to remain silent or allow abuse to happen, you must **refuse** and **report** the situation through the correct channels.

It should be noted that evidence obtained through torture cannot be used in court.

1.5. Penalties for Torture

The Torture and Custodial Death (Prevention and Punishment) Act, 2022 introduces stringent penalties specifically aimed at curbing torture, custodial deaths, and other abuses by public officials in Pakistan. According to the the Torture and Custodial Death (Prevention and Punishment) Act 2022, if a public official knowingly uses evidence obtained through torture they may face imprisonment or a fine. Any evidence obtained through torture is not admissible in a court of law.

Additionally, there are also corresponding provisions in the **Pakistan Penal Code (PPC)** that penalize various forms of harm, wrongful confinement, and assault. Overall, the 2022 Act expands on penalties in the PPC and lays out more targeted penalties and protections for detainees. This section highlights the penalties outlined in the 2022 Act and the PPC.

a. Penalty for Custodial Torture:

Under the Act, a public official who commits, abets, or conspires to commit torture is punished in accordance with the nature and degree of harm caused, as outlined in **Chapter XVI of the Pakistan Penal Code (PPC)**. This chapter includes a range of offences related to hurt, grievous hurt, and wrongful confinement. The punishment is determined based on the physical injury inflicted. This penalty is meant to reflect the seriousness of torture, even if it does not lead to death or severe permanent injury. Besides the imprisonment and fine, the officer involved may face departmental action, which could lead to **suspension** during investigations.

Corresponding Penalty under PPC:

- **Section 337-K** (Hurt to extort confession): This section addresses physical harm inflicted to extract a confession or information. In addition to qisas, arsh or daman for the type of hurt caused, it allows for imprisonment of up to ten years as ta'zir, depending on the nature of the injury.
- **Section 348** (Wrongful confinement to extort confession or compel restoration of property): This section criminalizes wrongful confinement for

the purpose of extracting confessions or recovering property, and prescribes imprisonment of up to three years, along with liability to fine.

b. Penalty for Custodial Death:

Under the Act, if a person dies as a result of torture in custody, the public official responsible is liable to be punished in accordance with **Section 302 of the Pakistan Penal Code**, which allows for **death as qisas, life imprisonment or death as ta'zir**, or in certain cases, **imprisonment of up to twenty-five years**, depending on the circumstances and the availability of proof.

Corresponding Penalty under PPC:

- **Section 302** (Punishment of qatl-i-amd or intentional murder): This section stipulates life imprisonment or the death penalty for intentional murder, depending on the circumstances.

c. Penalty for Custodial Rape:

Public officials convicted of custodial rape can face **death penalty or life imprisonment along with fine**. Additionally, under the *Anti-Rape (Investigation and Trial) Act, 2021*, the court may also order the convict to **pay compensation to the victim** upon conclusion of the trial, in addition to any fine imposed.

Corresponding Penalty under PPC

- **Section 376** (Punishment for rape): Under this section, rape is punishable by life imprisonment or the death penalty, depending on the severity and specifics of the case. The PPC does not always specify fines for custodial rape, which the 2022 Act addresses explicitly to provide financial compensation to victims.

d. Gender-Sensitive Provisions:

The act includes specific provisions to protect women, such as the requirement that female detainees must not be held or interrogated by male officers without a female officer present.

- **Section 354-A, PPC** (Assault or use of criminal force to woman and stripping her of her clothes): This section addresses the assault of women in a manner that violates their dignity. However, specific gender-sensitive provisions about the presence of female officers during interrogation are not directly covered in the PPC, making the 2022 Act more comprehensive in this regard.
- **Search and Examination of women prisoner, Pakistan Prison Rules Rule 21.** In case of women prisoners, the search and examination shall be carried out by a woman warder under the orders of Deputy Superintendent and the Medical Officer, respectively.

1.6. Prohibited Cooperation or Assistance in Torture

Even if you do not physically harm a prisoner yourself, **allowing or enabling** torture to happen is a breach of your duty. Under Pakistani law and international standards, **consent or acquiescence** may make you legally responsible.

✗ WHAT YOU MUST NOT DO:

These are **actions or failures to act** that can amount to assisting torture:

✗ Allowing Unauthorized Access:

Letting intelligence officers, police from outside departments, or others **enter a prisoner's cell** for interrogation or punishment is illegal—even if you don't know what they plan to do.

✗ Leaving Detainees Unsupervised:

If you leave a detainee alone in a known high-risk area or with individuals who may harm them, you are **endangering** them and may be held responsible.

✗ Opening Cells for Abuse:

Unlocking or opening a detainee's cell to allow others to commit abuse—even without direct involvement—makes you **complicit** in that torture.

✗ Ignoring Obvious Signs:

"Looking the other way," pretending not to notice, or walking away when you know abuse is planned or happening is **not neutral**—it's **criminal neglect**.

✗ **False Reports or Cover-ups:**

- Claiming the prisoner “fell” or was “injured accidentally”
- Failing to mention visible injuries
- Hiding or destroying CCTV footage

All of these may count as **obstruction of justice** and **aiding torture**.

✗ **Failure to Ensure Medical Examination:**

- Not arranging a **medical check-up at intake**
- Ignoring requests for medical help
- Delaying or denying access to medical staff

These failures put detainees at risk and violate legal obligations.

Legal Consequences Under the 2022 Act

If a prison guard participates in or **enables** torture, even indirectly, the following charges may apply:

- **Complicity in torture** – Even without physical involvement
- **Obstruction of justice** – If you lie, misreport, or hide abuse
- Under Section 4 of Punjab Employees Efficiency, Discipline and Accountability Act, 2006, torture may lead to censure, fine, demotion, suspension, and even dismissal from service.

MCQs – Section 1: Prohibition on Torture

1. Under Article 14(2) of the Constitution of Pakistan, torture is prohibited for what purpose?

- A. Disciplining prisoners
- B. Extracting evidence
- C. Controlling riots
- D. Ensuring cooperation

2. Which of the following is true under the Torture and Custodial Death (Prevention and Punishment) Act, 2022?

- A. Torture is allowed in emergencies
- B. Only physical torture is punishable
- C. Torture is a criminal offence with up to 10 years' imprisonment
- D. Supervisors cannot be held responsible

3. Is Pakistan bound to uphold the UN Convention Against Torture (UNCAT)?

- A. Yes
- B. No

4. Which of the following is NOT a form of torture?

- A. Beating a detainee
- B. Solitary confinement for a long time
- C. Threatening to rape a prisoner
- D. Prison labour

5. According to the law, can prison guards defend their role in torture by saying they were following orders from a superior?

- A. Yes, always
- B. Only if written orders were given
- C. No—obeying illegal instructions is not a valid defence
- D. Only in national emergencies

6. Under international law, when is torture permitted?

- A. During wartime
- B. On orders from a superior
- C. In national emergencies
- D. Never—torture is absolutely prohibited

7. Which of the following is an example of psychological torture?

- A. Stress positions
- B. Electric shocks
- C. Mock executions
- D. Sleep deprivation

8. What do the Nelson Mandela Rules require for prisoners?

- A. Daily interrogation
- B. Punitive solitary confinement
- C. Humane treatment and proper living conditions
- D. No access to medical care

9. Which of the following actions can make a prison guard legally responsible for torture, even if they did not physically harm the prisoner?

- A. Filing a formal complaint
- B. Refusing entry to unauthorized officers
- C. Letting others enter the cell to abuse the prisoner
- D. Asking for a medical check-up

SECTION 2: WHAT YOU MUST DO— RESPONDING TO SIGNS OF TORTURE

This section addresses your responsibilities if you suspect, witness, or receive a complaint of torture or ill-treatment. It includes guidance on recognizing signs of abuse, how to report it, and how to prevent torture in your role.

2.1 HOW TO RECOGNIZE SIGNS OF TORTURE

Why Recognition Matters

Prison guards are often the first—and sometimes only—witnesses to the physical and psychological condition of detainees. Recognizing signs of torture or ill-treatment is not only a moral responsibility; it is a legal duty.

2.1.1. Recognizing Physical Signs of Torture

Some injuries may be obvious, others more subtle. You must be vigilant.

Injury or Symptom	What to Look For
Bruising or Contusions	Unusual marks on the face, back, arms, thighs, or buttocks
Burns	Small circular marks (e.g., from cigarettes), rope burns, or electrical burns
Cuts or Lacerations	Especially on arms, legs, torso, or hidden areas
Fractures or Dislocations	Inmates refusing to walk or move certain body parts, limping
Head Injuries	
Restraint Marks	Swelling, confusion, blood near ears or nose
	Scars or bruises around wrists or ankles from tight handcuffs or shackles
Sexual Abuse Indicators	Torn clothing, bleeding, bruises around genital or anal area

Healing Scars

Injuries in different stages of healing indicating repeated abuse

If the prisoner refuses a medical exam, it may signal fear or trauma—not non-cooperation.

2.1.2. Recognizing Psychological Signs of Torture

Mental suffering may be just as severe as physical harm—and harder to detect.

Behavioral Clue**What it Could Mean****Unusual Silence or Withdrawal**

Fear, trauma, or intimidation

Sudden Aggression or Defensiveness

Defense mechanism triggered by fear of abuse

Insomnia or Nightmares

Post-traumatic stress

Confusion or Memory Loss

Possible head injury or psychological shock

Self-Harm or Suicide Attempts

Cry for help or severe emotional distress

Crying or Inappropriate Laughter

Mental breakdown or emotional exhaustion

Fear of Specific Officers

May indicate a perpetrator of abuse

Paranoia or Mistrust

Common after psychological or sexual torture

2.1.3. Signs During Medical Exams

Medical officers play a key role, but guards often accompany prisoners and must observe:

- Hesitation during body checks
- Attempts to hide injuries
- Looking toward guards for approval before speaking
- Contradictory explanations for wounds

Guards must never interfere with medical procedures and must encourage honest disclosure.

2.2. WHAT YOU SHOULD DO

As a prison guard, your duty is not just to avoid committing or enabling torture—it is also to take positive action when you see signs of abuse or poor conditions. This section outlines the key steps you must take to protect detainees, uphold the law, and safeguard yourself from legal consequences. These include recognizing and reporting torture, ensuring medical care, maintaining humane living conditions, protecting vulnerable prisoners, and supporting oversight and accountability. Taking the right action is not optional—it is your legal and professional obligation.

2.2.1. REPORT AND RESPOND APPROPRIATELY

When you suspect torture or ill-treatment, you report and document what you observed.

Who to Report To:

- National Commission for Human Rights (NCHR).
- Federal Investigation Agency (FIA).
- Sessions Court or Magistrate.

How to Report:

- Write an incident report documenting what you observed.
- Include date, time, names, physical observations, any medical reports, and prisoner statements.
- Avoid confrontation with other staff—let the proper authorities handle the investigation.

2.2.2. ENSURE MEDICAL EXAMINATION

Medical staff are crucial allies in identifying and documenting torture. Medical exams protect prisoners—and protect you. They document injuries and can confirm or challenge reports of abuse. Every detainee deserves timely access to a doctor.

Pakistan Prison Rules mandate that when a prisoner is admitted into jail from police custody, he must be examined by the Medical Officer. If the examination reveals unexplained injuries not already recorded in the medico-legal report accompanying the prisoner, a report shall at once be made to the Sessions judge and officer Incharge of the Prosecution and the Superintendent of Police (**Rule 20**).

Moreover, all newly admitted prisoners are to be examined carefully and under the supervision of the Medical Officer, and the reports are to be recorded in the admission register and history tickets, under Rule 1056.

What to Do:

- Do not interfere with medical exams.
- Ensure prisoners receive a medical check at intake and if any signs of injury emerge later.
- Encourage the prisoner to speak freely to medical personnel.

Pakistan Prison Rules – Relevant Provisions

Examination of newly admitted prisoners:

Rule 20. When a prisoner with injuries on his body is admitted into a prison from police custody he shall be examined immediately by the Medical Officer. If the examination reveals unexplained injuries not already recorded in the medico-legal report accompanying the prisoner, a report shall at once be made to the Sessions judge and officer Incharge of the Prosecution and the Superintendent of Police.

Rule 1056. The Junior Medical Officer shall examine all newly admitted prisoners carefully and under the supervision of the Medical Officer, record, in the admission register and history tickets, all the particulars required by rules 18 and 979, and to satisfy himself that the private clothing of newly admitted prisoners are cleaned, and, if necessary, disinfected before removal to the godown.

Note—When a prisoner with injuries on his body admitted into a prison from Police custody, his medical examination shall be conducted in the manner prescribed in rule 19.

2.2.3. MAINTAIN HUMANE CONDITIONS OF CONFINEMENT

Bad conditions—filthy cells, overcrowding, lack of water—can amount to cruel treatment. Prison guards are responsible for ensuring basic standards of hygiene, safety, and dignity in their areas of control.

What to Do:

- **Keep cells clean, ventilated, and safe.**
- **Provide access to clean water, food, toilets, and health services.**
- **Use solitary confinement only as a last resort, with proper documentation.**
- **Do not use deprivation (food, sleep, hygiene) as a form of punishment.**

2.2.4. PROTECT VULNERABLE GROUPS

Certain detainees face higher risks of abuse and neglect. These include women, juveniles, mentally ill persons, and undertrial prisoners. Prison staff must take extra care to protect these groups and meet their specific needs.

What to Do:

Women:

- Must be searched/supervised by female officers only.
- Provide hygiene products, medical care, and privacy.

Juveniles:

- **Keep separate from adults.**
- **Provide education, rehabilitation, and age-appropriate treatment.**

Mentally Ill/Disabled:

- Avoid punishment for symptoms.
- Refer for psychiatric support and handle with care.

Undertrials:

- Recognize their legal vulnerability.
- Ensure they are safe from threats, pressure, and neglect.

2.2.5. SUPPORT OVERSIGHT AND TRANSPARENCY

Prisons must be open to inspection and accountable to the public. You are not hiding a secret—you are protecting a system. By supporting oversight, you strengthen justice, prevent abuse, and protect your own credibility.

What to Do:

- Cooperate with jail inspections, magistrates, and the NCHR.
- Allow detainees to speak freely during visits.
- Share records and respond to inquiries with honesty.
- View transparency as a safeguard—not a threat.

2.3. HOW TO CREATE A SAFE & HEALTHY PRISON ENVIRONMENT

Creating a safe, humane, and respectful environment is essential for both prisoners and prison staff. A healthy prison environment reduces the risk of abuse, supports rehabilitation, and strengthens public trust in the justice system. This section is based on the **United Nations Standard Minimum Rules for the Treatment of Prisoners**, also known as the **Nelson Mandela Rules**, which set international standards for the fair and dignified treatment of all detainees.

By following these principles, prison guards help create an environment that upholds the law, promotes rehabilitation, and protects the rights and well-being of everyone in custody.

The Nelson Mandela Rules

The United Nations Standard Minimum Rules for the Treatment of Prisoners, also known as the Nelson Mandela Rules, are a set of 122 internationally agreed standards for the humane treatment of individuals in detention.

These Rules establish a comprehensive framework covering all aspects of prison management, including admission procedures, prohibition of torture, and limits on solitary confinement and the use of restraints and force. They aim to ensure fair, humane, and respectful treatment of prisoners worldwide.

While the Nelson Mandela Rules are not a treaty, they serve as an authoritative guide to binding treaty standards and represent "the minimum conditions which are accepted as suitable by the United Nations" for the treatment of those in detention.

Basic principles include:

1. Dignity and Respect: The very first rule prohibits the use of torture or cruel, inhuman, or degrading treatment and requires prisoners to be treated with humanity and with respect for their inherent dignity.

2. Individualization: The treatment of prisoners should be individualized, taking into account their personal characteristics, needs, and circumstances. Discrimination based on race, color, sex, language, religion, political or other opinion, national or social origin, property, birth, or other status is prohibited.

3. Accommodation and Living Conditions: Prisoners should be provided with adequate accommodation, including sleeping quarters, sanitation facilities, and access to natural light. Living conditions should be consistent with respect for human dignity. Rule 13 states "that sleeping accommodation shall meet all requirements of health, due regard being paid to climatic conditions and particularly to cubic content of air, minimum floor space, lighting, heating, and ventilation."

4. Healthcare: Prisoners have the right to access healthcare services, including medical treatment, dental care, and mental health services. Preventive healthcare measures should also be in place. Rule 25(1) “requires every prison to have a healthcare service tasked with evaluating, promoting, protecting, and improving the mental health of prisoners”.

5. Discipline and Punishment: Disciplinary measures should be proportionate and humane, avoiding any form of cruel, inhuman, or degrading treatment. Solitary confinement and other harsh disciplinary measures have specific restrictions and should be used sparingly.

6. Contact with the Outside World: Prisoners are entitled to maintain contact with the outside world, including family, legal representation, and diplomatic representatives. Correspondence, visits, and other forms of communication should be facilitated.

7. Education and Work: Prisoners should have access to education and vocational training opportunities. They should also be provided with opportunities to engage in purposeful and remunerative work.

8. Inspection and Monitoring: Regular and independent inspections of prisons and detention facilities should be conducted to ensure compliance with the Mandela Rules. Monitoring mechanisms should be in place to prevent abuse.

9. Training for prison staff: The rules require proper training for prison staff that promotes a culture of respect and non-discrimination.

The Nelson Mandela Rules reflect a commitment to promoting human rights, dignity, and rehabilitation within the criminal justice system. They provide a comprehensive framework for the treatment of prisoners, emphasizing the importance of upholding basic human rights standards in all aspects of incarceration.

Conclusion

As a prison guard, you are not just responsible for enforcing rules—you are entrusted with the care of individuals whose freedom has been taken away. This position carries great power, but also great responsibility. The people in your custody are under the full care and control of the state, and their treatment reflects the values and integrity of the justice system.

Torture and ill-treatment are prohibited under Pakistani law and international human rights standards. Every time you recognize and report abuse, ensure humane conditions, protect vulnerable detainees, or cooperate with oversight, you help uphold the rule of law and restore trust in the system.

Your actions matter. By performing your role lawfully, respectfully, and professionally, you protect not only the rights of prisoners but also your own dignity, safety, and credibility as an officer of the law.

MODULE 2: MCQ Quiz

1. Who should prison guards report torture to?

- A. NCHR, FIA, or a Magistrate
- B. Senior police officer only
- C. Local politician
- D. The prisoner's lawyer

2. Under law, torture is permitted:

- A. During wartime
- B. In emergencies
- C. Under superior orders
- D. Never

3. Which group must be searched only by female officers?

- A. Foreign prisoners
- B. Women detainees
- C. Juvenile prisoners
- D. Mentally ill inmates

4. What should a guard do if signs of injury appear days after intake?

- A. Ignore unless prisoner complains
- B. Note it mentally
- C. Ensure a medical check and report
- D. Blame the prisoner

5. A healthy prison environment requires guards to:

- A. Follow orders without question
- B. Provide punishment when needed
- C. Ensure dignity, hygiene, and safety
- D. Stay distant from prisoners

6. Who is responsible for protecting vulnerable prisoners?

- A. The court only
- B. NGOs
- C. Prison guards
- D. Media

7. Which of the following is encouraged under the Mandela Rules?

- A. Using restraints for discipline
- B. Denying family contact
- C. Facilitating correspondence and visits
- D. Restricting access to outside world

8. What is the guard's role during a medical exam?

- A. Stay silent and interfere if needed
- B. Observe, but never interfere
- C. Question the prisoner about injuries
- D. Leave the room

9. What is the recommended approach if you suspect another staff member is involved in torture?

- A. Confront them directly
- B. Keep silent to avoid conflict
- C. Report the incident to the proper authorities and avoid confrontation
- D. Wait for the detainee to file a complaint first

10. When reporting a suspected case of torture, what must the incident report include?

- A. Only the name of the detainee
- B. Date, time, names, physical observations, any medical reports, and prisoner statements
- C. Just a verbal summary
- D. Only the opinion of the prison guard



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