



5-031-529-14(1)



Interchangeable Lens Digital Camera

α7Ⅳ

E-mount

Startup Guide

ILCE-7M4

We use environmentally conscious packaging materials

Environmentally conscious packaging materials were used for the camera and supplied accessories.

Note the following due to the characteristics of the packaging materials.

- Powder, etc. from the packaging materials may adhere to the camera or supplied accessories. In this case, remove it with a commercially available blower or cleaning paper before use.
- The packaging materials will deteriorate with continuous use. Be careful when carrying the product by the packaging.

About the manual for this camera



“Help Guide” (Web manual)
https://rd1.sony.net/help/ilc/2110/h_zz/

ILCE-7M4 Help Guide



This guide describes the necessary preparations to start using the product, basic operations, etc. For details, refer to the “Help Guide” (web manual).

Preparations

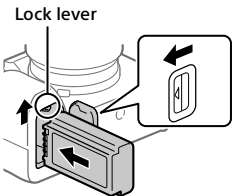
Checking the supplied items

The number in parentheses indicates the number of pieces.

- Camera (1)
- AC Adaptor (1)
The type of the AC Adaptor may differ depending on the country/region.
- Power cord (mains lead) (1)*
(supplied in some countries/regions)
* Multiple power cords may be supplied with this equipment. Use the appropriate one that matches your country/region. See “Notes on use.”
- Rechargeable battery pack NP-FZ100 (1)
- USB Type-C® cable (1)
- Shoulder strap (1)
- Body cap (1) (attached to the camera)
- Shoe cap (1) (attached to the camera)
- Eyepiece cup (1) (attached to the camera)
- Startup Guide (this manual) (1)
- Reference Guide (1)

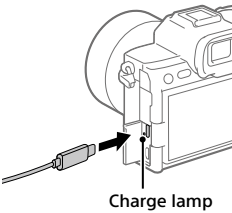
Charging the battery pack

- 1 Insert the battery pack into the camera.
 - Open the battery cover, and then insert the battery pack while pressing the lock lever.
- 2 Turn the power off.
 - If the camera is turned on, the battery pack will not be charged.



- 3 Connect the camera with the battery pack inserted to the AC Adaptor (supplied) using the USB cable (supplied), and connect the AC Adaptor to the wall outlet (wall socket).

- The charge lamp will light up when charging starts. When the charge lamp turns off, charging is completed.

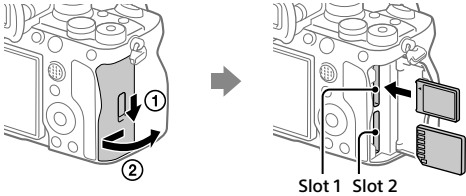


Inserting a memory card into the camera

You can use CFexpress Type A memory cards and SD memory cards with this camera.

Slot 1 supports CFexpress Type A memory cards and SD memory cards.

Slot 2 supports SD memory cards only.



Open the memory card cover. Then, insert the memory card into Slot 1.

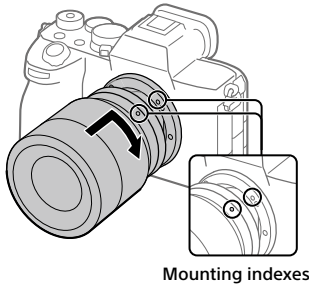
- In the default settings, images are recorded on the memory card in Slot 1.
- You can change which memory card slot to use by selecting MENU → [Shooting] → [Media] → [Rec. Media Settings] → [Recording Media] or [Recording Media].
- Insert a CFexpress Type A memory card with the label facing the monitor, and an SD memory card with the terminal facing the monitor. Insert the card until it clicks into place.

Hint

- When you use a memory card with the camera for the first time, it is recommended that you format the card on the camera for more stable performance of the memory card.

Attaching a lens

- 1 Remove the body cap from the camera and the rear lens cap from the rear of the lens.
- 2 Mount the lens by aligning the two white index marks (mounting indexes) on the lens and camera.
- 3 While pushing the lens lightly toward the camera, turn the lens slowly in the direction of the arrow until it clicks into the locked position.



Performing initial setup for the camera

By establishing a Bluetooth connection (pairing) between the camera and a smartphone, you can perform initial camera setup such as date and time settings from the smartphone. Install the dedicated application on your smartphone in advance, and then follow steps 1 to 4 under “Procedures for initial camera setup.”

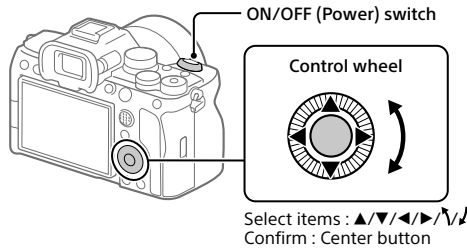
Installing the dedicated smartphone application



Install the application from the following website. Also, update to the latest version of the dedicated application. The specifications of the dedicated application may change without notice.

<https://www.sony.net/ca/>

Procedures for initial camera setup



- 1 Set the ON/OFF (Power) switch to “ON” to turn on the camera.
- 2 Select the desired language and then press the center of the control wheel.
 - The privacy notice screen will appear. Read the privacy notice regarding biometrics by opening the link using your smartphone, etc.
- 3 Press the center of the control wheel.
- 4 Follow the instructions on the camera screen to connect the camera with your smartphone and perform the initial setup.
 - You can also configure or change the initial settings later from the MENU of the camera.

Connecting (pairing) the camera with your smartphone later

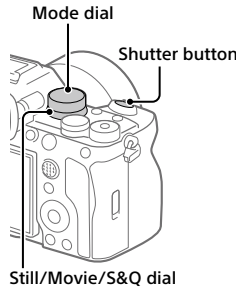


For details on the connection method, refer to the following Help Guide URL:
https://rd1.sony.net/help/ilc/2110_pairing/h_zz/

Shooting

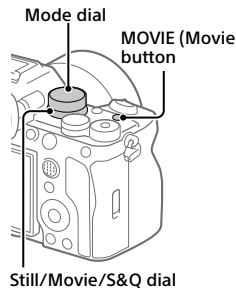
Shooting still images

- 1 Set the Still/Movie/S&Q dial to [Still] to select the still image shooting mode.
- 2 Turn the mode dial and select the desired shooting mode.
- 3 Press the shutter button halfway down to focus.
- 4 Press the shutter button all the way down.



Shooting movies

- 1 Set the Still/Movie/S&Q dial to [Movie] to select the movie recording mode.
- 2 Turn the mode dial and select the desired shooting mode.
- 3 Press the MOVIE (Movie) button to start recording.
- 4 Press the MOVIE (Movie) button again to stop recording.



Hint

- The start/stop movie recording function is assigned to the MOVIE (Movie) button in the default settings. Even without switching shooting modes in Step 1, you can start movie recording from still image shooting mode by pressing the MOVIE (Movie) button.

Notes on use

Refer to “Precautions” in the “Help Guide” as well.

Notes on handling the product

- This camera is designed to be dust-and moisture-resistant, but is not waterproof or dust-proof.
- Do not leave the lens or the viewfinder exposed to a strong light source such as sunlight. Because of the lens’s condensing function, doing so may cause smoke, fire, or a malfunction inside the camera body or the lens. If you have to leave the camera exposed to a light source such as sunlight, attach the lens cap to the lens.
- If sunlight or other strong light enters the camera through the lens, it may focus inside the camera and cause smoke or fire. Attach the lens cap when storing the camera. When shooting with backlighting, keep the sun sufficiently far away from the angle of view. Even if it is slightly away from the angle of view, smoke or fire may still occur.
- Do not directly expose the lens to beams such as laser beams. That may damage the image sensor and cause the camera to malfunction.
- Do not look at sunlight or a strong light source through the lens when it is detached. This may result in unrecoverable damage to the eyes or cause a malfunction.
- This camera (including accessories) has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place this camera close to persons who use such medical devices. Consult your doctor before using this camera if you use any such medical device.
- Increase the volume gradually. Sudden loud noises can damage your ears. Be especially careful when listening to headphones.
- Do not leave the camera, the supplied accessories, or memory cards within the reach of infants. They may be accidentally swallowed. If this occurs, consult a doctor immediately.

Notes on the monitor and electronic viewfinder

- The monitor and electronic viewfinder are manufactured using extremely high-precision technology, and over 99.99% of the pixels are operational for effective use. However, there may be some small black dots and/or bright dots (white, red, blue or green in color) that constantly appear on the monitor and electronic viewfinder. These are imperfections due to the manufacturing process and do not affect the recorded images in any way.
- When shooting with the viewfinder, you may experience symptoms such as eyestrain, fatigue, motion sickness, or nausea. We recommend that you take a break at regular intervals when you are shooting with the viewfinder.
- If the monitor or electronic viewfinder is damaged, stop using the camera immediately. The damaged parts may harm your hands, face, etc.

Notes on continuous shooting

During continuous shooting, the monitor or viewfinder may flash between the shooting screen and a black screen. If you keep watching the screen in this situation, you may experience uncomfortable symptoms such as feeling of unwellness. If you experience uncomfortable symptoms, stop using the camera, and consult your doctor as necessary.

Notes on recording for long periods of time or recording 4K movies

- The camera body and battery may become warm with use – this is normal.
- If the same part of your skin touches the camera for a long period of time while using the camera, even if the camera does not feel hot to you, it may cause symptoms of a low-temperature burn such as redness or blistering. Pay special attention in the following situations and use a tripod, etc.
 - When using the camera in a high temperature environment
 - When someone with poor circulation or impaired skin sensation uses the camera
 - When using the camera with [Auto Power OFF Temp.] set to [High]

Notes on using memory cards

- When recording is finished, the memory card may become hot. This is not a malfunction.
- If  (overheating warning icon) is displayed on the monitor, do not remove the memory card from the camera right away. Instead, wait for a while after turning off the camera, and then remove the memory card. If you touch the memory card while it is hot, you may drop it and the memory card may be damaged. Be careful when removing the memory card.

Notes on using a tripod

Use a tripod with a screw less than 5.5 mm (7/32 inches) long. Otherwise, you cannot firmly secure the camera, and damage to the camera may occur.

Sony lenses/accessories

Using this unit with products from other manufacturers may affect its performance, leading to accidents or malfunction.

Warning on copyrights

Television programs, films, videotapes, and other materials may be copyrighted. Unauthorized recording of such materials may be contrary to the provisions of the copyright laws.

Notes on location information

If you upload and share still images or movies taken with this camera on the Internet while the location information is linked with the dedicated smartphone application, you may accidentally reveal the location information to a third party. To prevent third parties from obtaining your location information, deactivate the [Location Information Linkage] function of the dedicated application.

Notes on discarding or transferring this product to others

Before discarding or transferring this product to others, be sure to perform the following operation to protect private information.

- Select [Setting Reset] → [Initialize].

Notes on discarding or transferring a memory card to others

Executing [Format] or [Delete] on the camera or a computer may not completely delete the data on the memory card. Before transferring a memory card to others, we recommend that you delete the data completely using data deletion software. When discarding a memory card, we recommend that you physically destroy it.

Note on network functions

When you use network functions, unintended third parties on the network may access the camera, depending on the usage environment. For example, unauthorized access to the camera may occur in network environments to which another network device is connected or can connect without permission. Sony bears no responsibility for any loss or damage caused by connecting to such network environments.

Note on the 5 GHz band for wireless LAN

When using the wireless LAN function outdoors, set the band to 2.4 GHz by following the procedure below. (WW734234 only)

- MENU →  (Network) → [Wi-Fi] → [Wi-Fi Frequency Band]

How to turn off wireless network functions (Wi-Fi, etc.) temporarily

When you board an airplane, etc., you can turn off all wireless network functions temporarily using [Airplane Mode].

Power Cord

Multiple power cords may be supplied with this equipment. Use the appropriate one that matches your country/region.

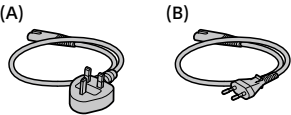
For the customers in the UK, Ireland, Malta, Cyprus and Saudi Arabia

Use the power cord (A).

For safety reasons, the power cord (B) is not intended for above countries/regions and shall therefore not be used there.

For the customers in other EU countries/regions

Use the power cord (B).



For Customers in the U.S.A. and Canada

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. This equipment has very low levels of RF energy that is deemed to comply without testing of specific absorption rate (SAR).

The available scientific evidence does not show that any health problems are associated with using low power wireless devices. There is no proof, however, that these low power wireless devices are absolutely safe. Low power Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research.

This equipment has been tested and found to comply with ISED radiation exposure limits set forth for an uncontrolled environment and meets RSS-102 of the ISED radio frequency (RF) Exposure rules.

For Customers in the U.S.A.

For question regarding your product or for the Sony Service Center nearest you, call 1-800-222-SONY (7669) .

Supplier’s Declaration of Conformity
Trade Name : SONY
Model : WW734234
Responsible Party : Sony Electronics Inc.
Address : 16535 Via Esprillo, San Diego, CA 92127 U.S.A.
Telephone Number : 858-942-2230
This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Important note on use of 5 GHz wireless LAN

Compliance with FCC requirement 15.407(c)

Data transmission is always initiated by software, which is the passed down through the MAC, through the digital and analog baseband, and finally to the RF chip. Several special packets are initiated by the MAC. These are the only ways the digital baseband portion will turn on the RF transmitter, which it then turns off at the end of the packet. Therefore, the transmitter will be on only while one of the aforementioned packets is being transmitted. In other words, this device automatically discontinue transmission in case of either absence of information to transmit or operational failure.

Frequency Tolerance: ±20 ppm

For Customers in Canada

5 150-5 350 MHz band is restricted to indoor operation only.

High-power radars are allocated as primary users (i.e. priority users) of the bands 5 250-5 350 MHz and 5 650-5 850 MHz and that these radars could cause interference and/or damage to LE-LAN devices.

For Customers in Europe

For this radio equipment the following restrictions on putting into service or of requirements for authorization of use apply in AT/BE/BG/CY/CZ/DK/EE/FI/FR/DE/EL/HU/IE/IT/LT/LU/MT/NL/PL/PT/RO/SK/SI/ES/SE/UK/UK(NI)/HR/IS/LI/NO/CH/AL/BA/MK/MD/RS/ME/XK/TR:

5 150 - 5 350 MHz band is restricted to indoor operations only.

IEEE802.11b/g/n	2 400 MHz	< 60 mW e.i.r.p.
IEEE802.11a/n/ac	5 150-5 350 MHz	< 35 mW e.i.r.p.
	5 470-5 725 MHz	
IEEE802.11a/n/ac	5 725-5 850 MHz	< 25 mW e.i.r.p.
Bluetooth	2 400 MHz	< 10 mW e.i.r.p.

Hereby, Sony Corporation declares that this equipment is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://compliance.sony.eu>

Hereby, Sony Corporation declares that this equipment is in compliance with the UK relevant statutory requirements. The full text of the declaration of conformity is available at the following internet address: <https://compliance.sony.co.uk>

For Customers in Indonesia

IEEE802.11b/g/n	2 400 MHz
Bluetooth	2 400 MHz

For customers who purchased their camera from a store in Japan that caters to tourists

Note

Some certification marks for standards supported by the camera can be confirmed on the screen of the camera.

Select MENU →  (Setup) → [Setup Option] → [Certification Logo].

Specifications

Camera

[System]

Camera Type:
Interchangeable Lens Digital Camera

Lens: Sony E-mount lens

[Image sensor]

Image format: 35 mm full frame (35.9 mm × 23.9 mm), CMOS image sensor

Effective pixel number of camera:
Approx. 33 000 000 pixels

Total pixel number of camera:
Approx. 34 100 000 pixels

[Electronic Viewfinder]

Type: 1.3 cm (0.5 type)
Electronic Viewfinder

[Monitor]

7.5 cm (3.0 type) TFT drive, touch panel

[General]

Rated input: 7.2 V , 3.8 W

Operating temperature:
0 to 40 °C (32 to 104 °F)

Storage temperature:
–20 to 55 °C (–4 to 131 °F)

Dimensions (W/H/D) (Approx.):

131.3 × 96.4 × 79.8 mm
131.3 × 96.4 × 69.7 mm
(from grip to monitor)
5 1/4 × 3 7/8 × 3 1/4 in.
5 1/4 × 3 7/8 × 2 3/4 in.
(from grip to monitor)

Mass (Approx.):
658 g (1 lb 7.3 oz) (including battery pack, SD Card)

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- QR Code is a trademark of Denso Wave Inc.
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<https://www.sony.net/SonyInfo/Support/>

Additional information on this product and answers to frequently asked questions can be found at our Customer Support Website.

<https://www.sony.net/>