Firewire is a high-speed data transfer connection that allows electricity and data to travel down the same cable.

Sony (and now everyone else) advise NOT to do any "hot-plugging" of Firewire cables into powered equipment. (Even this is contrary to the theoretical capabilities of Firewire - It is just too easy to misalign the cable with the MoBo-head and again you have +12V running through your camera.)

DO NOT CONNECT A CAMERA TO A COMPUTER WHILE EVERYTHING IS SWITCHED ON. The computer is earthed, the camera is not, this can cause an arc which will fry the firewire pcb. Also DO NOT CONNECT the firewire cable to the computer first since it can then hold a static charge that will fry the pcb of the camera. (This means the camera is broken and you will be responsible for some very expensive repairs.)

IF POSSIBLE USE A CAPTURE DECK RATHER THAN CAPTURE DIRECTLY FROM CAMERA. IF NOT FOLLOW THESE RULES.

The correct procedure is to think from peripherals in:

1. make sure everything is switched off

2. plug cable into camera

3. plug cable into computer
   (check you have the plug UP THE RIGHT WAY)

4. switch on camera

5. switch on computer
To disconnect:

Reverse above … switch off computer, switch off camera, unplug computer, unplug camera.